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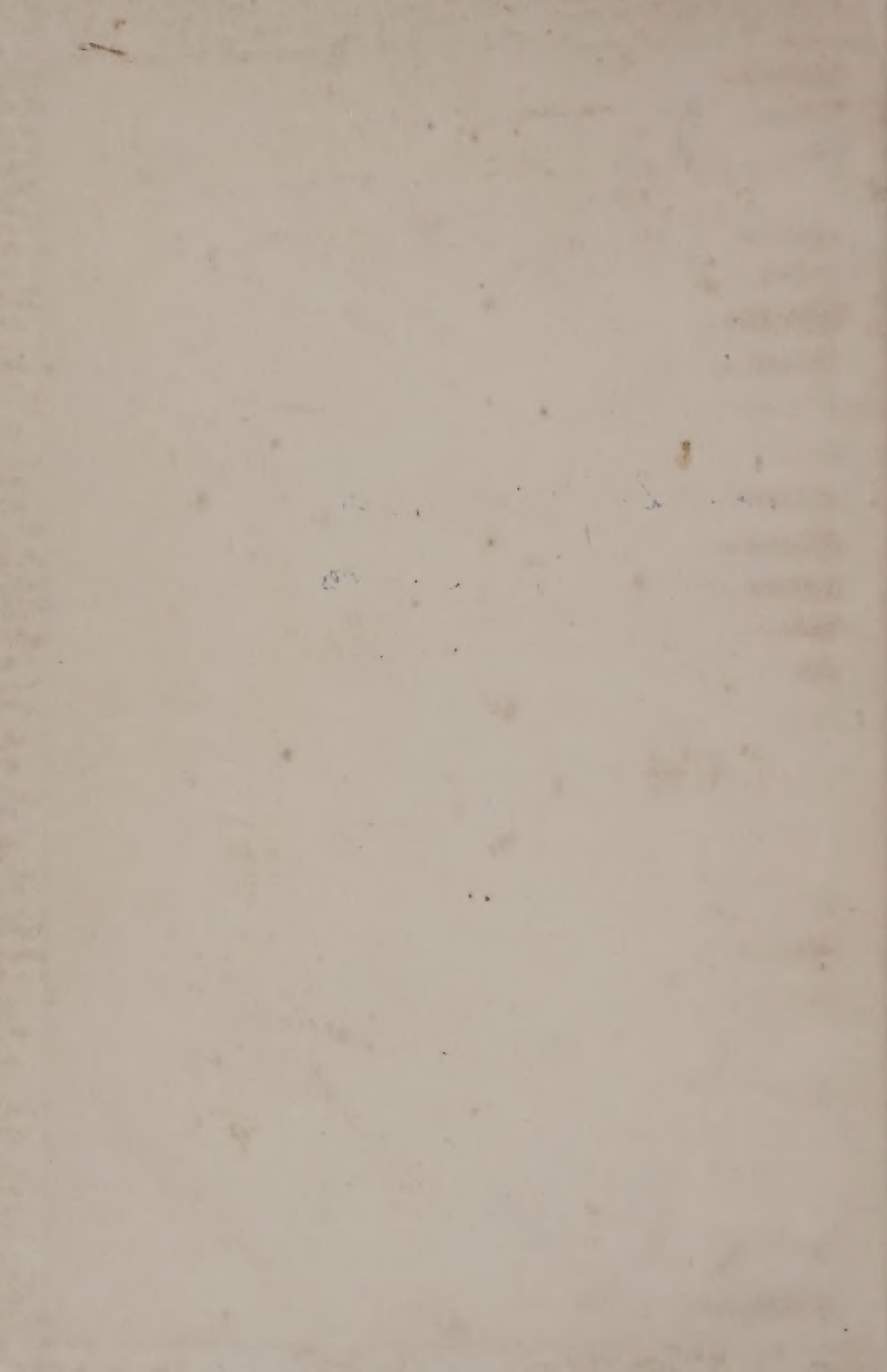


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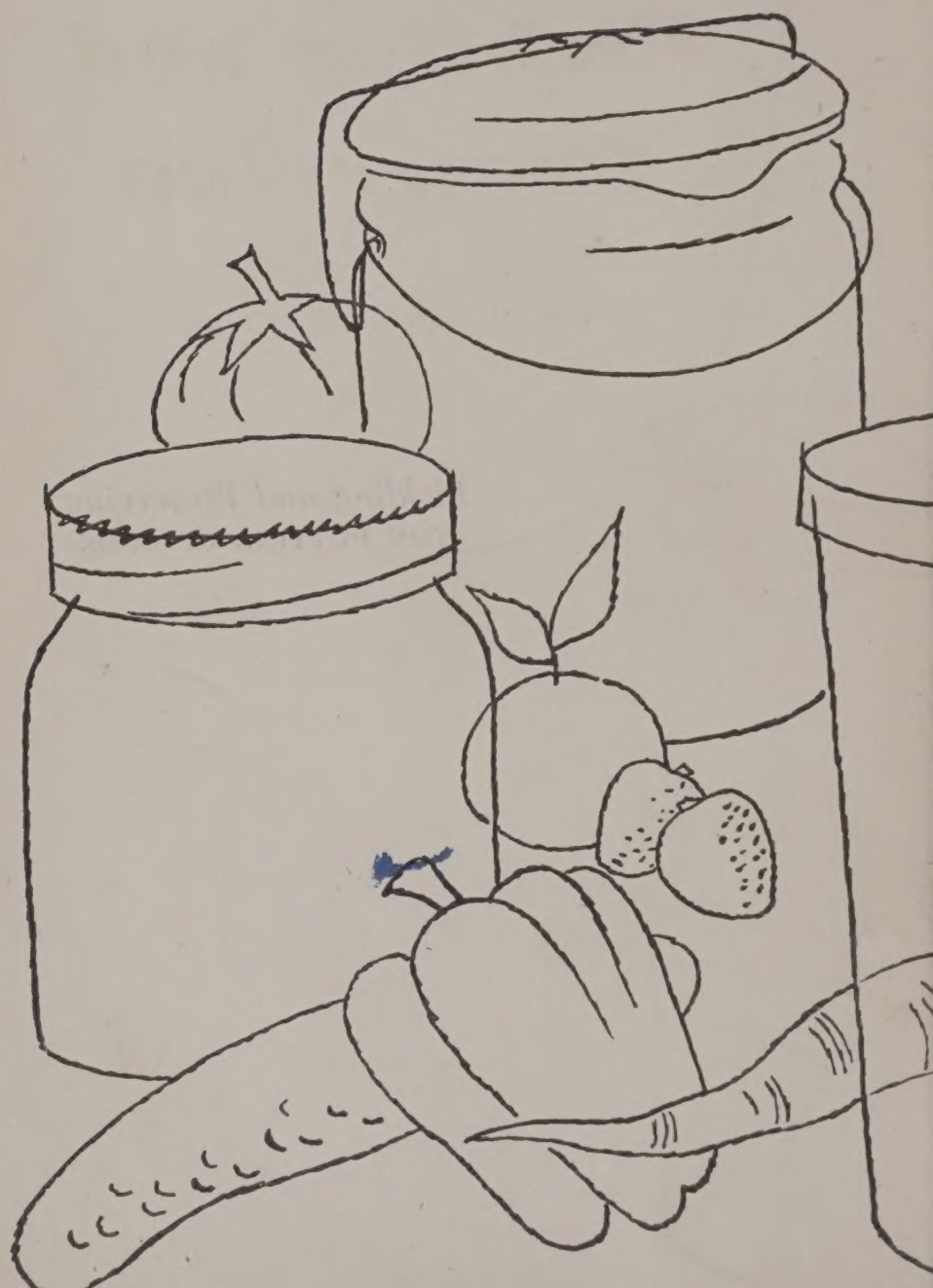
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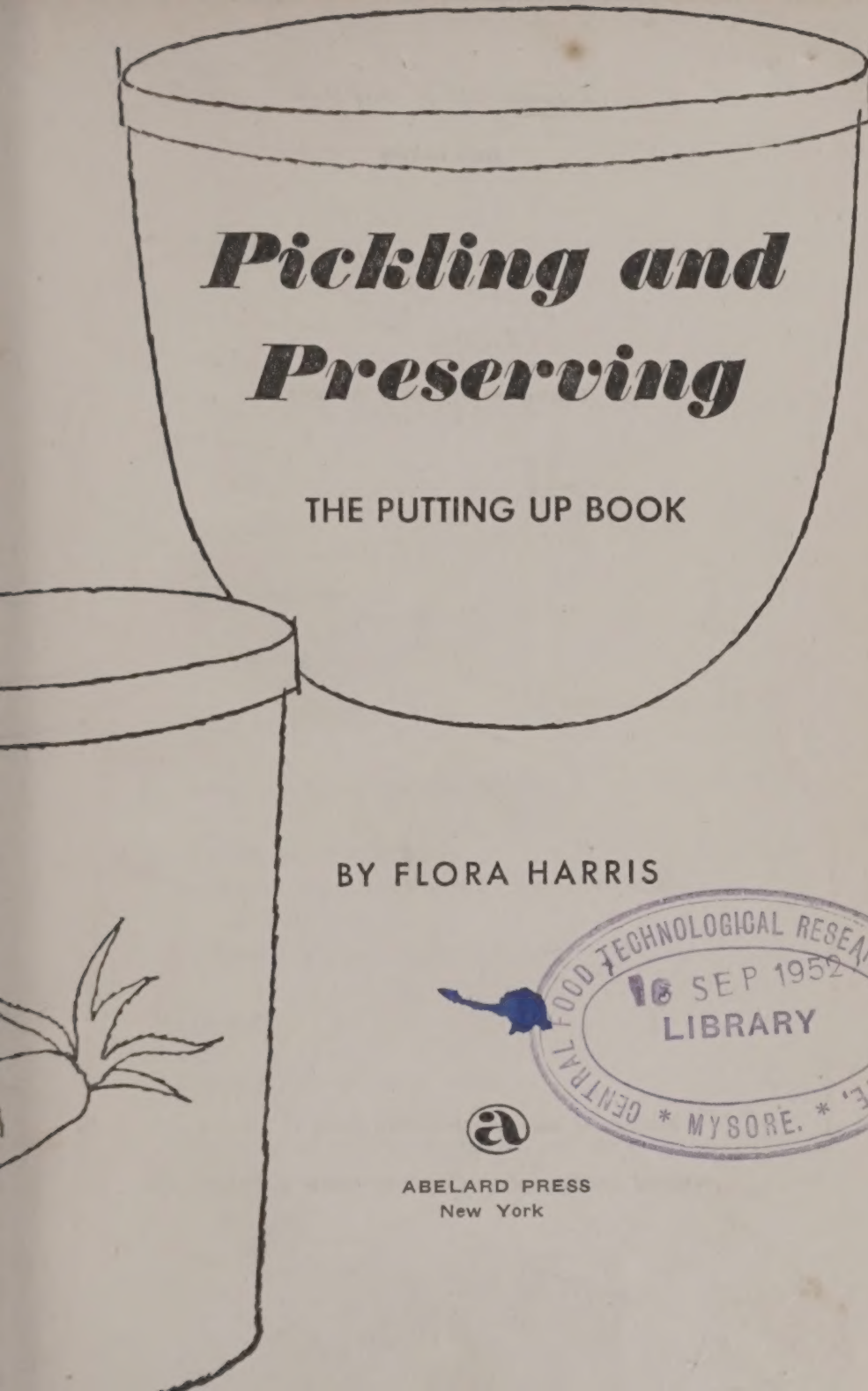
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Pickling and Preserving
THE PUTTING UP BOOK





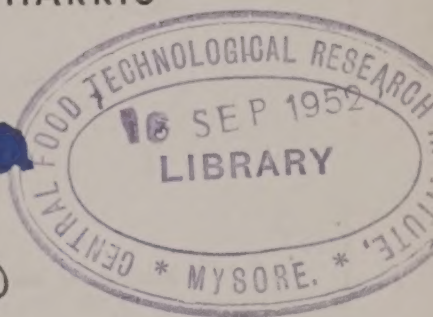
Pickling and Preserving

THE PUTTING UP BOOK

BY FLORA HARRIS



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FIRST EDITION

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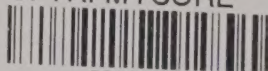
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FOREWORD

ONE NEED NOT come from a line of picklin' and preservin' ancestors to feel the pull kitchenward when spicy, aromatic odors come drifting through the house. From childhood the scent of hot vinegar, sugar and spices has had its way with me, and I began, at the age of twelve, to collect the following recipes. That was quite some time ago, and a new pickle or jam recipe has the same excitement for me now as it did then.

People say, "But isn't it easier to buy these things?" Maybe it is, but not for me. Trying a new chutney or jam recipe, to me, has the same thrill that setting off on untrodden jungle ways has for an explorer. It is a hobby that is a real recreation, and when the experiment is over I usually have something worth while. There are many people who agree with me, for it is a hobby which encircles the globe.

ALL OF THE fruits and vegetables mentioned in these pages are seasonal somewhere in the United States. Those of you who are gardeners know what a busy time that week or ten days can be when crops at their peak have to be picked and used—"taken care of," as they say in my part of the country—before they become too mature. That same surplus comes into the large metropolitan markets too, and that is the time when the city dweller can buy top quality at bottom prices. If there

is no public market near your home, your grocer, if he knows what you want it for—will keep you posted. However, if you are really interested in food, and occasionally have a spare hour or two, it will pay you with interest to look up the public market-place most accessible to you. There you will find fruits and vegetables you may never have seen or heard of before. In most of our larger cities the foreign-born population keep many of their food habits, and as our climate range is so varied, almost anything that grows anywhere will grow in the United States and will be shipped to its biggest market. It is in these large public markets that you will find bargains in the right quantities to make your favorite pickles and chutney.

THIS BOOK is arranged not only for people who have gardens, but for those who live in cities, too, and who know how to find the seasonal bargains in top quality fruits, berries and vegetables. That is why, instead of dividing the book into sections on JAM, JELLY, PICKLES, etc., I grouped the recipes under the headings CUCUMBERS, RIPE TOMATOES, GREEN TOMATOES, STRAWBERRIES, etc., so no possibility need be overlooked by the aspiring putter-upper.

There will also be one special chapter for dwellers in the states where subtropical fruits grow. When I lived in Florida and in Southern California I was distressed to note that these states allow the better half of their riches to rot under the trees from lack of recognition. Possibly other states do the same. Certain trees and shrubs are labeled “decorative”—no one knows or cares that their fruit has good flavor and high vitamin content, and that delicious jams and preserves may be made from them. They are used to thinking, “Unless it’s good for marmalade, it’s no good”—and they mean, of course, citrus fruit. That is not the case in the British West Indies and this book would like to do its part in passing some information

gleaned in Jamaica back to the United States, and awakening our subtropical South to the fact that fruits other than the orange and grapefruit are good to eat and to put up.

A GREAT DEAL of science has gone into the art of cooking and the compiling of cook books recently. However, to me it still remains an art, and therefore variable; it will be noticed that seldom do these recipes state exact timing or the amount of yield. Many factors cause different results, in both time and amount. These include not only obvious differences in the size of the fruit, and its juice content, but even the kind of stove used. Gas, electricity, coal, wood—the timing is different with each. Altitude changes cooking time, and weather conditions can make a difference; on very humid days jelly is often reluctant to jell. (Who can blame it!)

Don't feel hurried, and remember that all preserving and pickling is more successful when done in small amounts. If you have on hand a few more jars and glasses than you think necessary, you need not be caught short if the recipe yields a little more than is expected. One cannot be exact-to-the-ounce when using the products of ones own garden in ones own kitchen; Somehow the atmosphere is very different from the clinical aura of a laboratory. This is not an apology; it is an explanation of why the reader may find certain things in these pages not found elsewhere, and also the reverse. However nothing which I believe important or necessary has been omitted. And all the recipes have been tested and tried.

JELLY MAKING

Cooking on impulse is fun—that is the way great dishes are invented and made; but impulsiveness is not in order when making jelly or preserves, because one needs so much extra-curricular equipment. By that I mean glasses, paraffine wax, a jelly bag or cheesecloth, etc., for jelly; and, for preserves, chutney, pickles, and relishes, jars with screw tops or tops with bales, each requiring careful testing for tightness. One needs rubber rings, a meat-grinder, etc. But no matter what you are planning to cook, it is advisable to have all necessary tools and ingredients assembled on your work space before starting to do anything. Then read the recipe again, to make sure nothing has been overlooked.

For making jelly and preserves in general, the ideal kettle is broad, with a flat bottom and fairly high sides. This will allow the liquid to evaporate more quickly, and in making jelly the less cooking time, the better the jelly. And one needs another large pan to sterilize the glasses. First wash the glasses in hot soapy water, rinse and place them upside down in a few inches of water on a folded towel placed over the bottom of the kettle. The towel prevents them from bobbing around. Let them steam over low heat for twenty minutes before using them, and don't take them out until you are ready to pour the jelly. A pair of tongs is useful for handling the jars, but a pair of

wooden spoons is adequate. One also needs a jelly bag, or several yards of clean cheesecloth folded double and large enough to be gathered at the top to form a bag; a well washed and boiled salt bag will also do the trick. And don't forget to check for a hook or cupboard doorknob high enough to permit the bag to hang from it and drip into a bowl placed underneath. It is good to have two measuring cups—one for sugar and one for the fruit juice. This is to prevent the sugar from adhering to the wet cup. Also make sure you have plenty of paraffine wax, and a small pan with a pouring lip. Keep an old pan just for melting wax; then any left-over wax can remain in it until the next time it is needed.

Use only choice, unblemished fruits and berries, with some unripe fruit always mixed in with the ripe; the green contain more pectin, which is the jelly-making property of the fruit. (More about this later.) If fruit has been sprayed, wash *thoroughly*; with apples, crab apples and quinces, cut out blossom ends, as spray tends to gather there and remain.

With berries, put in colander or strainer and dip quickly and carefully in and out of large bowl of water. This method prevents bruising and loss of juice. Remove hulls from berries. Currants need not be stemmed.

Wash jelly glasses in hot, soapy water, rinse, and place in sterilizer or in 3 or 4 inches of cold water in kettle on a folded towel. Cover and bring to a boil, and simmer 20 minutes, or until needed. Keep hot until used.

After washing, hard fruits such as apples, etc., need not be peeled or cored. Cut into quarters or eighths and weigh. Put into kettle with 1 cup of water per pound of fruit. (Quinces are an exception; core them and use 2 cups of water per pound of fruit.)

Berries, if juicy, need no water; otherwise, $\frac{1}{4}$ cup is enough, and mash berries lightly to start juice.

Boil fruit until soft and mushy; hard fruits need 20 minutes, berries and grapes soften in from 5 to 10 minutes. Never boil longer than 25 minutes, as long cooking spoils flavor and pectin content.

Put the pulp into a jelly bag, and allow it to drip into a bowl for 5 hours, or until it stops—or even overnight, if you wish. (This long wait can be avoided by squeezing the juice and straining it twice, or until it is clear, but the juice is never as clear as when it is allowed to drip naturally, without squeezing, and without clear juice, one cannot have a clear jelly. And clarity, as well as firmness and flavor, is a requirement of good jelly when it is being judged at a County Fair, or for commercial purposes.)

Measure juice with a measuring cup into kettle and allow it to boil rapidly for 5 minutes before adding sugar. Use $\frac{3}{4}$ cup of sugar to each cup of juice, and stir only until sugar is dissolved. With a very tart fruit, measure equal amounts of sugar and juice. If the sugar is put into the kettle at the same time as the juice, the jelly will remain soft. If it is added too near the end of the cooking time, it is apt to crystallize.

With berries, never use more than 4 or 5 quarts of fruit at a time; with larger fruits, no more than 7 or 8 pounds, making 2 quarts of juice. Small amounts should reach the jelling stage in about 15 minutes. Remove scum from top to clear the jelly. If you have a thermometer, the mixture should be removed from the heat immediately upon reaching 217° F. The old-fashioned jelly test is really more accurate, and is called the "sheeting off" method. The procedure is as follows: Dip a spoon into the boiling liquid, and lift it out, holding it so the syrup runs off the side of the spoon. When the syrup no longer runs in a steady stream, but separates into large drops, which slide as one off the spoon ("sheet together"), the jelly is ready to be removed from the heat. Also, at the jelling stage, the bubbles

in the boiling syrup increase in size, often jumping so high as to break outside the kettle. Success with any of these tests dictates immediate removal from the heat.

To fill the glasses, remove one at a time from their kettle, and set on a cloth or board. The temperature change, if they are set on marble or cold enamel, may cause them to crack. Pour the jelly into the hot glasses, to within $\frac{1}{4}$ inch of top. Allow the jelly to settle a few minutes; wipe, to clean away any drops from around the inside rim of the glass, as well as the outside, and cover with paraffine to within $\frac{1}{8}$ inch of top. (Melt paraffine without letting it boil, as boiling tends to make it contract and permit air to enter at sides of glass.) When this is set, add another very thin layer, tilting the glass around so it is completely sealed around the edges. This will prevent the leakage of small jelly drops, and no mold or spoilage will start, even when the jelly is kept over a long period of time, for it will be entirely air-tight.

A second extraction of juice can be made after the first batch of jelly is finished; this will be of a milder flavor, and not entirely clear in color. I prefer using the pulp remaining in jelly bag to make a butter, but many people want more jelly, so here is how it is made: Return the pulp to kettle and add water just to cover. Boil hard 10 or 12 minutes, then return to jelly bag and proceed as before. After use, the bag should be washed and rinsed in boiling water to be ready for next time.

The juice need not be used immediately after straining, if it is not convenient. Heat it to a boil and seal it in hot sterilized jars until you are ready to make the jelly. It will keep indefinitely without deteriorating.

To return for a moment to the sealing of jelly glasses; one careful housewife I know puts a length of string or a pretty ribbon into the first wax poured over the jelly. This makes a little handle with which to remove the wax; a nice idea.

Another cuts rounds of waxed paper the exact size of the glasses, dips them into pure grain alcohol or whiskey, whichever is handiest, and fits one over the jelly before pouring the wax. But if the glass is clean and dry, and the wax carefully manoeuvred around the edges, nothing else is necessary, except to store the jelly in a cool, dry, dark place, if possible. If the storage place is too warm or too moist, the jelly will not keep for long under any system of sealing, unless the jars are put into a vacuum-sealed tin.

Be sure to label each jar with the type of jelly, and the date, before storing it in the aforesaid cool, dry, dark place.

CONCERNING PECTIN

There are several reasons why no recipes for jelly containing commercial pectin will be found in these pages. Here are several of them, each, I believe, quite valid by itself.

Nature has provided a harvest of fruits and berries high in pectin, which grow in every climate, and which ripen with those fruits containing little of the jelly-making substance. These may be used in combination with the latter for successful blending of flavorsome jelly. The pectin content of all fruits and berries is highest in the under-ripe fruit, and a measure of this green fruit should be used along with the ripe fruit, which has a fuller flavor, but a lower pectin content. This applies to all jelly making, and is mentioned in most of the recipes.

There is a standard test for pectin, mentioned in all general cook books, which I have never found necessary to use. But

should someone be interested in it, I shall include it here. Take 1 tablespoon of 95% pure grain alcohol and 1 tablespoon of fruit juice, cooled, and combine in a wide cup; shake gently, and if a high quantity of pectin is present, it will form a solid gelatinous mass. If the pectin content is low, it will collect in small particles. Observe carefully, as it tends to separate quickly in either case.

To my mind, commercial pectin removes about nine-tenths of the natural fruit flavor of jelly. Better not make jelly if one must use pectin; go to the store and buy it.

Recipes for the correct use of the product come with the purchase of all commercial pectin. If you are determined to use it, leave this book on the shelf, get out your magnifying glass, and study the booklet in the package.

Fruits and berries with a high pectin or jelly-making content are currants, gooseberries, crab apples, apples, grapes, plums, sour guavas, cranberries (especially cranberries!) and lemons. Lemon juice, always available, helps to point up the flavor of bland fruits and aids the jelling process when pectin is low. Pectin needs acid to function properly, hence the need of lemon juice with non-acid fruits for good jelly.

Fruits and berries notably lacking in pectin are strawberries, cherries, raspberries, elderberries and pineapples.

Do not use blemished or over-ripe fruit in preserving or making jelly, for the flavor will not be good, and the jelly will be soft, because the riper the fruit, the less the pectin content. No jelly or jam can be better than the fruit used in the making of it. Flavors can be improved somewhat, spiced and blended, but the finished product cannot be very different from the quality of the main ingredients. Always use the best.

FRUIT BUTTER

After jelly making comes fruit butter, for fruit butter can be—and should be—made from the pulp remaining in the jelly bag after the juice has dripped out.

Fruit butters are the simplest to make of all preserves. They are also the most economical, for all of them can be made as the by-product of jelly, as well as directly from the fresh fruit. After the juice has ceased to drip from the jelly bag and the jelly is made, put the pulp and remaining juice from the bag through a Foley food mill or a fine sieve, to remove the seeds, cores, etc. Or, if you are too tired at the moment, store the pulp in a covered bowl in the refrigerator until the next day.

Measure strained pulp by cupfuls into a kettle. Except with very sour fruit, use $\frac{1}{2}$ to $\frac{3}{4}$ of a cup of sugar to each cup of pulp. If there is not much juice, add water until $\frac{1}{2}$ inch of liquid covers the bottom of the kettle, and cook with sugar (and spices, if desired) until thick and buttery. This will take under an hour, and will need frequent stirring to prevent scorching and sticking to the kettle. When sufficiently thick, pour the mixture into hot sterilized glasses and seal.

The test for Fruit Butter is to pour a spoonful of butter onto a cold saucer. If no rim of liquid separates from the edge of the butter, it is done. Spices added with the sugar will turn the butter dark. If you want to keep the color light, add the spices, stirring them in well, just before filling the hot sterilized glasses.

Be sure to keep the spice tins closed when not in use. When

a cardboard package of whole spice is opened and not entirely used, put the remaining spice into a screw-top jar. I keep all empty asperin, vitamin, and olive jars for this purpose. Before filling, wash them well in boiling water and suds, dry thoroughly, and label them with the name of the contents and the date. I mention the date, because no spice should be kept very long after it is once exposed to the air. It rapidly loses its flavor. In the making of fruit butters, ground spices are most often used. If whole spice is used, put it into a little cheesecloth bag, and remove it before filling the jars. For a good flavor in spiced preserves and pickles, it is better to use fresh whole spice.

RULES FOR BRINE METHOD PICKLING

1. Use only freshly picked fruits and vegetables. Hollow pickles are the result of using a stale product.
2. Use pure granulated Dairy or Kosher Salt. Table salt contains ingredients to prevent caking in damp weather. Most grocers carry special salt for pickling.
3. Use correct amount of salt, which is about $1\frac{1}{2}$ cups to 1 gallon of water, a 10% brine. The old-fashioned test was to add salt until the brine could float a fresh egg; now there are brinometers, but in small amounts for home picklers, that is much too fancy. Pickles become soft in too weak a brine; in a too strong brine, or a too strong vinegar, they shrivel and become tough.
4. Have sufficient brine to completely cover pickles and keep a weight on them to keep them submerged. If not covered, they will mold.
5. Remove scum from brine daily, or pickles will be spoiled by having an impaired flavor.
6. Use fruits and vegetables as nearly uniform in size as possible when preserving them whole, so they will take an equal length of time to cure. Let all pickles ripen six weeks or more before using.

SYRUPS FOR PICKLING

These are two standard recipes for sweet spiced syrup for fruit and vegetables, and for sour pickles. The fruits and vegetables may be preserved fresh, or—especially with the sour pickles—can have been preserved in brine until such time as is convenient to pickle them. Always be sure to wash off brine before putting them into syrup. Both these syrups can be made when convenient and kept until needed. Boil 20 minutes, pour into hot sterilized jars and seal.

SPICED SYRUP FOR SWEET PICKLED FRUIT AND MELON RIND

4 cups sugar	1 tablespoon whole cloves
6 cups water	1 tablespoon whole all- spice
1½ cups vinegar	3 sticks cinnamon
1 teaspoon salt	
½ tablespoon ginger root, chopped fine	

Mix sugar, water, vinegar and salt. Tie spices in cheesecloth or muslin bag and add to syrup; heat to boiling, cover and cook 5 minutes. Add fruit or rind (wash thoroughly if they have been soaked in brine), and cook until fruit is transparent and syrup is thick. Pour into hot sterilized jars and seal.

SPICED VINEGAR FOR SOUR PICKLES

1 quart vinegar	2 teaspoons whole pepper-
½ cup sugar	corns
2 teaspoons celery seed	2 sprigs tarragon, dill or
2 teaspoons whole cloves	any other desired herb
2 teaspoons whole mus-	
tard seed	

Mix vinegar and sugar; add spices and herbs, tied in a cheese-cloth or muslin bag, and bring to a boil; cook five minutes and let stand overnight. Rinse the salted pickles and put into hot sterilized jars. Heat syrup to boiling again, remove spice bag, and fill jars to overflowing. Seal immediately. Fresh herbs may be added to jars, if desired.

CHUTNEY

Chutney comes to us from India and England. It is hot, spicy, sweet, sour; a relish firmer than jam, not as sour as a pickle, not as sweet as jam; it is very hot and peppery, with fresh or preserved ginger as a necessary ingredient. Chutney is delicious with any bland food; it is a necessity when serving a curry. It is almost a necessity with hot or cold roast beef.

The classic chutney is made in India with mangos; the best family recipes are handed down from generation to generation, and kept a secret from outsiders. In the chapter on subtropical fruits, you will find several excellent mango chutneys; one of

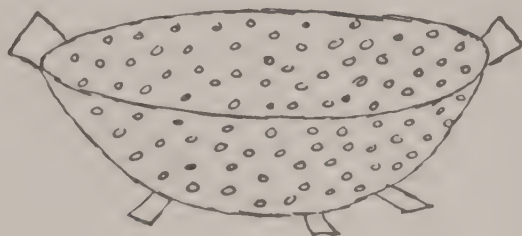
the best chutneys I ever tasted is made from tomatoes grown in Connecticut and green ginger root brought to Connecticut from New York's Chinatown. One should personally experiment with the seasoning when making chutney, and also certain kinds of pickles. Make them sharper or sweeter according to your own taste. *And write down the details.* Then if your experiment turns out to be a masterpiece, it can be repeated—otherwise it is apt to be lost to posterity.

For making chutney, relish, piccalilli, kraut, or any preserve in which the ingredients are chopped or grated, use the best mechanical aid at hand. The new electric mixers have attachments which grind and grate; to my mind they are a most useful invention for cooks. The old-fashioned meat grinder, which has to be assembled, attached to a table top which it never fits, and which is never the right height for easy leverage, is an invention of the devil. I speak with feeling because I still use one. My neighbors have mixers because they also bake cakes. However, I have an Electric Blender which is a wonderful implement and can perform magic when fully understood. And a touch of magic, as well as a magic touch, has never yet harmed a cook.

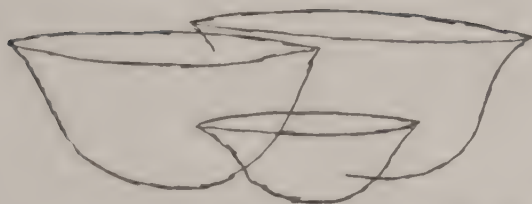
UTENSILS FOR MAKING JELLY



2 deep kettles with flat bottoms, one with rack for sterilizing glasses and jars.

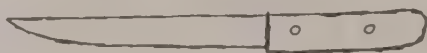


1 colander.



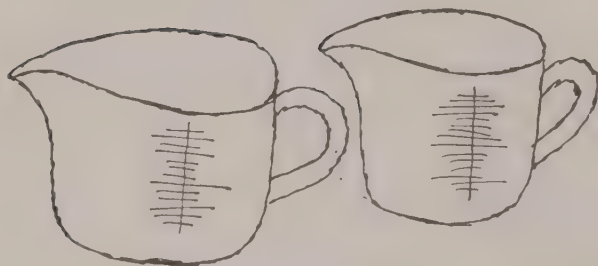
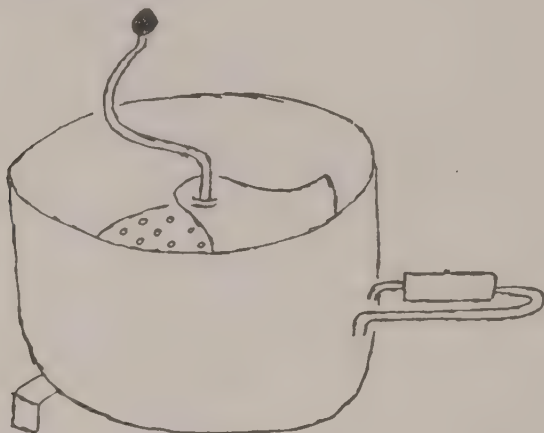
Several large kitchen bowls.

Sharp paring knife.

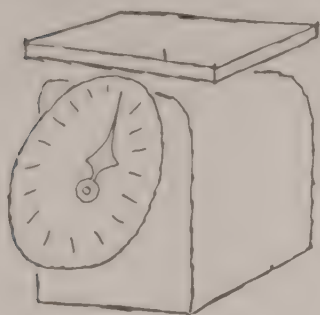


Knee-action Peeler (a wonderful tool and costs only a few cents at any dime or hardware store).

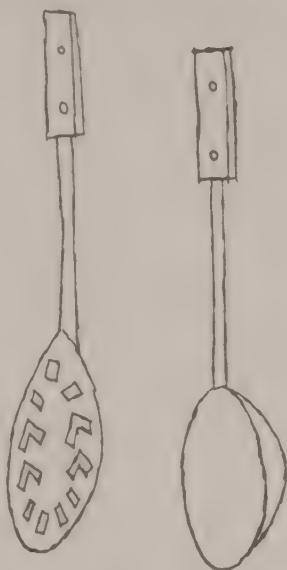
Foley Food Mill.



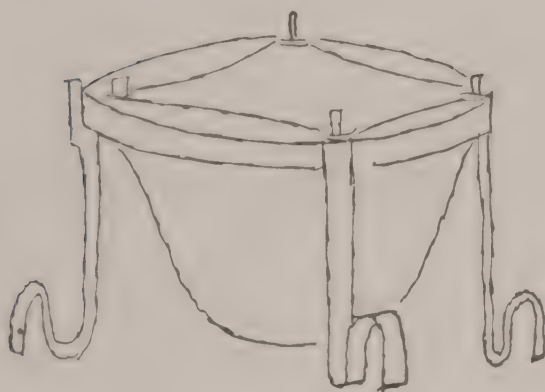
2 measuring cups, preferably glass.



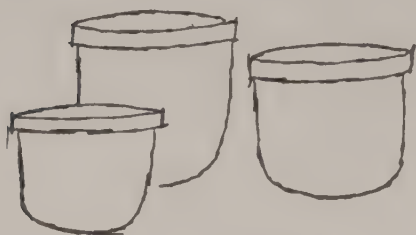
Kitchen scale.



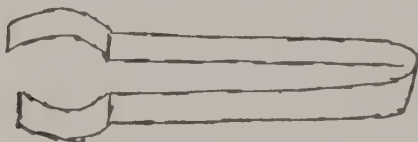
Long-handled kitchen spoons, one a slotted spoon.



Jelly bag with stand or rack.



Small jelly glasses with metal lids.



Tongs with which to handle the hot sterilized glasses.



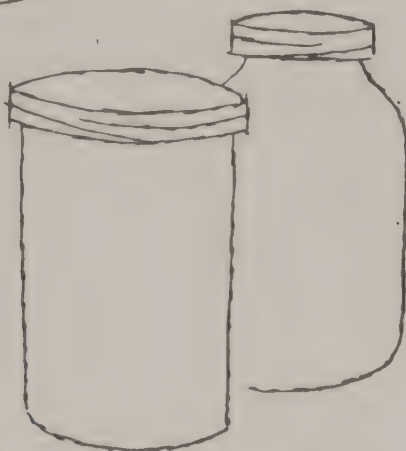
Paraffine wax and small pan with pouring lip to heat wax.

UTENSILS FOR PICKLES, PRESERVES AND JAM

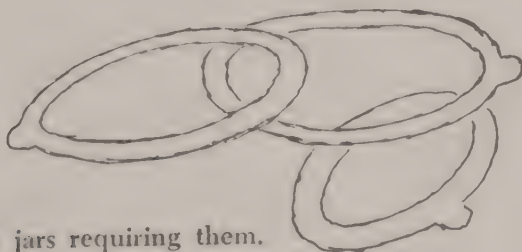
The same as for making jelly, minus jelly bag. Added are:



Stoneware crocks for brining.



Preserving jars; any standard make, with air-tight lids.



Rubber rings for the jars requiring them.

1

AMERICAN (JERUSALEM) ARTICHOKES

One of my favorite vegetables is the small, knobby root once known as Jerusalem Artichoke. Recently, I believe, this name has been changed to American Artichoke, as it is a native of the United States. But whatever its name, it is a nuisance to peel, though to me the delicate flavor is sufficient reward. Here it forms the basis of a mild relish.

AMERICAN ARTICHOKE PICCALILLI

2½ cups diced or ground American artichokes	1 cup diced mild onion
1 cup diced or ground green pepper	2½ teaspoons salt
1 cup diced or ground sweet red pepper	7 teaspoons sugar
	½ clove garlic, minced
	1 cup cider vinegar

Combine first seven ingredients, mix well and cover with vinegar. Let stand 15 minutes; bring to a boil, simmer until thickened, stirring frequently to prevent burning, about 45 minutes. Test for flavor, add more sugar and salt if needed. If it boils dry, add more liquid in the form of equal parts of water and vinegar. Fill hot sterilized jars overflowing, seal at once. Makes about 2 pints.

AMERICAN ARTICHOKE RELISH

1 quart artichokes

1 pint onions

1 pint pimienta

2 quarts water

½ cup salt

1 quart vinegar

3 cups sugar

1 tablespoon turmeric

4 tablespoons mustard seed

2 tablespoons celery seed

Wash and scrape artichokes and put through medium knife in food chopper with onions and pimienta. Soak overnight in a brine made with the water and salt. In the morning, dissolve sugar in vinegar and bring to a boil; drain vegetables, dry in a towel and mix with spices, stirring well; add to hot vinegar, and bring to a boil; seal in hot sterilized jars.

2

APPLES

The question of what to do with surplus apples reaches tremendous proportions to inhabitants of New England and other parts of our chilly-to-cold temperate climated States. The windfalls alone, from six to eight well-sprayed trees in a good apple year, are something to reckon with. When that helpless feeling comes over you, and Apple Pie and Brown Betty pall, try some of the following recipes. The first is an apple butter which is started as such, instead of from the fruit pulp remaining after making jelly; it has a somewhat different flavor and consistency.

APPLE BUTTER

4 lemons	½ teaspoon ground
4 quarts tart apples	cinnamon
6 cups sugar	½ teaspoon ground cloves
Pinch of salt	¾ teaspoon ground all- spice

Cut the lemons into thin slices and let stand overnight, just barely covered with water. Peel, core and cut apples into thin slices and put into kettle with lemon and water, cooking slowly until apples are transparent. Add sugar and salt, and cook slowly about ½ hour, stirring to prevent sticking and burning in bottom of kettle. Use Fruit Butter test, page 7. When done, add spices, stir well and put immediately into hot sterilized jars and seal.

APPLE BUTTER HONEY

4 quarts tart apples
2 cups sugar
Juice of 2 lemons
Grated rind of 1 lemon
Pinch of salt

Wash and quarter apples and put with a little water into kettle, as for making apple sauce. Cook until soft and put through food mill or sieve. Add sugar, lemon juice and grated rind, pinch of salt, and cook together until thick and clear as honey. More sugar may be added if it is too tart. This makes about 4 pints.

APPLE CATSUP

12 tart apples	6 whole cloves
2¼ cups boiling water	½ stick cinnamon
¾ cup sugar	6 whole allspice
4 teaspoons salt	6 peppercorns
2 onions, minced	1½ teaspoons mustard
1 cup cider vinegar	seed

Wash and quarter apples; cover with boiling water and simmer until soft. All, or nearly all, of the water should be evaporated by then. Put through food mill or coarse sieve; it should measure 1 quart, or 4 cups. Put into kettle with sugar, salt, onions and vinegar; add the whole spices tied in a cheesecloth bag; bring to a boil and simmer 1 hour, stirring occasionally to prevent sticking. Remove bag of spices; pour into hot sterilized wide-mouthed bottles and seal cork with wax while hot. Makes about 1½ quarts.

APPLE CHILI SAUCE

12 apples, peeled and cored	2 teaspoons celery seed
12 ripe tomatoes, scalded and peeled	1 teaspoon whole cloves
4 green peppers	½ teaspoon black pepper
1 red pepper	½ teaspoon dry mustard
6 onions	1 to 2 cups vinegar
1 large stick cinnamon, broken	2 cups sugar
	4 teaspoons salt

Put apples and vegetables through coarse knife in grinder. Put into kettle with cinnamon, celery seed and cloves tied in a cheesecloth bag; bring to a boil and cook rapidly until volume is reduced about one-half. Then add pepper, mustard, vinegar, sugar and salt and cook until chili sauce is a good thick consistency. Test for flavor while it is cooking. You may like it sharper, in which event add a little more mustard. Pour into hot sterilized jars or wide-mouthed bottles and seal. Makes about 2 quarts.

APPLE CHUTNEY NO. 1

**1½ pounds sour apples,
peeled, cored and diced**
1 package seedless raisins
1 quart cider vinegar
½ pound celery, diced
**1 pound white onions,
diced**

**1½ tablespoons dry
mustard**
1 cup sugar
1½ cups corn syrup
2 teaspoons salt
½ teaspoon turmeric
**2 peppers, seeded and
diced**

Mix apples and raisins and add half of the vinegar. Let mixture stand overnight. Add the other ingredients and boil rapidly until slightly thick and clear. Pour into hot sterilized jars and seal. This makes about 5 pints.

APPLE CHUTNEY NO. 2

- | | |
|--|--------------------------------------|
| 2 quarts large, tart apples | 2 large yellow onions, diced |
| 1 cup seedless raisins | 1 cup brown sugar, packed |
| 1 cup preserved ginger, diced | 1 clove peeled garlic, minced |
| 1 lemon, washed and thinly sliced | 1 tablespoon salt |
| | Wine vinegar |

Peel, core and dice apples. Place fruits and onions and sugar in layers in porcelain-lined kettle. Mash garlic and salt together and make a paste. Add garlic paste to kettle and cover fruit with wine vinegar. Cover and let stand overnight. In the morning, stir well and slowly bring to a boil and continue boiling until apples are tender. Using a perforated spoon, remove fruits and fill hot sterilized jars half full. Continue cooking syrup until it is well thickened; then pour over fruit and seal immediately.

APPLE CHUTNEY NO. 3

- | | |
|--|--|
| 12 tart, juicy apples | 1 tablespoon salt |
| 2 onions | 2 cups vinegar |
| 2 green peppers, seeded | 1 clove garlic, peeled and minced |
| 1 red pepper, seeded | 1 cup seeded raisins |
| 1 cup currant jelly | 3 tablespoons Worcester-shire sauce |
| Juice of 4 lemons, grated rind of 2 | |
| 2 cups sugar | |

Peel, core and dice apples; peel and dice onions; dice peppers; or put them all through coarse knife of grinder. Put into kettle with jelly, lemon juice and rind, sugar, salt, vinegar and minced garlic, and simmer for thirty minutes. Chop or grind raisins,

add to mixture and cook until thickened, stirring occasionally to prevent sticking to the bottom of kettle. Add Worcestershire sauce, stir in well; pour into hot sterilized jars and seal.

APPLE CHUTNEY NO. 4

9 tart apples	$\frac{3}{4}$ cup sugar
1 sweet green pepper	Juice of 2 lemons
1 large onion	1 teaspoon ground ginger
$\frac{3}{4}$ cup raisins	$\frac{1}{4}$ teaspoon cayenne
$1\frac{1}{2}$ cups cider vinegar	pepper
1 cup tart currant jelly	1 teaspoon salt

Peel and core apples, remove seeds from pepper, and put through coarse knife of grinder with onion and raisins. Put with remaining ingredients into kettle and simmer until thick, stirring occasionally to prevent it from sticking to bottom of kettle. Pour into hot sterilized glasses or jars and seal. Makes about 3 pints.

APPLE CHUTNEY NO. 5

6 apples, cored	1 cup sugar
6 green tomatoes	3 teaspoons English
2 large onions	mustard
1 green pepper, seeded	2 tablespoons salt
$\frac{1}{2}$ cup seeded raisins	$\frac{1}{2}$ teaspoon cinnamon
1 pint vinegar	$\frac{1}{2}$ teaspoon cloves

Put apples, tomatoes, onions, green peppers and raisins through coarse blade of grinder, then mix with remaining ingredients. Bring to a good boil and seal in hot sterilized jars. Makes about 3 pints.

APPLE AND BANANA CHUTNEY

6 tart apples, peeled and cored	½ cup water
4 onions	1 cup brown sugar, firmly packed
1 cup raisins	1 tablespoon salt
12 ripe bananas	¼ teaspoon pepper
1½ cups cider vinegar	½ teaspoon ground ginger

Put apples, onions and raisins through coarse blade of food chopper. Peel bananas and cut into thick rounds. Mix all ingredients together and bring to a boil; then simmer, stirring occasionally to prevent sticking to the bottom of the kettle. If necessary, add a little watered vinegar. When sufficiently thick, pour into hot sterilized glasses and seal immediately. Makes about 4 pints.

APPLE AND TOMATO CHUTNEY

1 pound apples, peeled, cored and sliced thin	¾ cup seeded raisins
¾ pound tomatoes, peeled and diced	6 small red hot peppers, diced
½ pound onions, peeled and diced	1 tablespoon ginger root, grated
¾ cup brown sugar	1¼ cups malt vinegar
¾ cup seedless raisins	½ teaspoon salt

Combine all ingredients; bring to a quick boil and cook, stirring frequently, about 2 hours until thick and clear. Cool slightly and pour into hot, sterilized jars and seal. Makes about 4 pints.

DUTCH COLONIAL-TYPE CHUTNEY

- | | |
|--|--|
| 1 pound tart apples,
peeled and diced | 1 white onion, diced |
| 1½ cups vinegar | ½ ounce cayenne pepper |
| 2 cups sugar | 3 ounces crystallized
ginger, diced |
| 1 cup seeded raisins,
tightly packed | 1 teaspoon English
mustard |
| 1 teaspoon salt | |

Boil apples in vinegar until soft and mushy; add rest of ingredients and boil hard 20 minutes. Test for sharpness and salt. More pepper, mustard and salt may be added if necessary. Pour into hot sterilized glasses and seal. Makes about 2 pints.

ENGLISH-TYPE CHUTNEY

- | | |
|---|--|
| 3 pints strong malt
vinegar | 3 Spanish or Bermuda
onions, sliced |
| 1½ pounds brown sugar | 6 shallots, diced |
| 3 tablespoons salt | ½ pound seeded raisins |
| 3 hot chili peppers, diced | ½ pound seedless raisins |
| 2 tablespoons mustard
seed | ¼ pound crystallized
ginger, diced |
| 18 tart apples, peeled,
cut into eighths | |

Bring vinegar, sugar, salt, peppers and mustard seed to a rolling boil, stirring until sugar is dissolved. Add rest of ingredients and simmer until apples and onions are soft and blended, and mixture thickens to right consistency—about 2 to 3 hours. Pour into hot sterilized jars, and seal when cooled a little.

MRS. BLANEY'S CHUTNEY

- | | |
|---|--|
| 1 pound tart apples,
peeled and diced | ¼ teaspoon cayenne
pepper |
| 1 pound white onions,
peeled and diced | 2 teaspoons salt |
| 1 pound tomatoes, peeled
and chopped | 1 teaspoon powdered
cloves |
| 1 pound seedless raisins,
chopped | 1 teaspoon powdered
black pepper |
| ½ pound brown sugar | 4 ounces crystallized
ginger, diced |
| | Vinegar as needed |

Mix all ingredients and almost cover with vinegar. Bring to a quick boil and cook until thick, stirring occasionally to prevent sticking and burning. This takes 3½ to 4 hours' cooking to become really thick, but it is well worth it. Seal in hot sterilized glass jars. Makes about 4 pints.

LUCKY CHUTNEY

- | | |
|--|---|
| 13 apples, peeled and
cored | 1½ cups sugar |
| 3 green peppers, seeded | 1½ tablespoons ground
ginger |
| 2 white onions | 1½ cups grape jelly |
| 1½ cups seeded raisins | Juice of 4 lemons |
| 1 tablespoon salt | Grated rind of 2 of the
lemons |
| 3 cups vinegar | |

Chop fine, or put through grinder, the first four ingredients. Place in kettle and add remaining ingredients. Bring to a boil and cook, stirring occasionally to keep it from sticking to the bottom of kettle and burning, until mixture thickens. About 1 hour will do it. Pour into hot, sterilized jars, right to the top, and seal immediately. Makes about 2½ pints.

APPLE AND TOMATO RELISH

- | | |
|---|--|
| 2 cups tart apples, peeled
and diced | 2 sweet red peppers,
seeded and chopped |
| 2 quarts green or ripe
tomatoes, chopped | 1½ cups cider vinegar |
| 1 cup celery, chopped | 2¾ cups sugar |
| 1 cup white onions,
chopped | 1 tablespoon salt |
| 2 green peppers, seeded
and chopped | 3 pieces stick cinnamon |
| | 3 teaspoons whole cloves |
| | 2 tablespoons mustard
seed |

If ripe tomatoes are used, scald tomatoes until skin wrinkles, cool and peel before chopping. Mix all ingredients and boil rapidly until thick and clear. Pour into hot sterilized jars and seal. Makes about 6 pints.

PICKLED APPLES

- | | |
|---|---|
| 2 tablespoons whole
cloves | 1 quart wine vinegar |
| 2 tablespoons whole
allspice | 4 pounds brown sugar |
| 2 sticks cinnamon | 12 pounds small, firm,
tart apples, or crab
apples |
| 1 quart cider vinegar | |

Put spices into small bag and bring to boil with vinegar and sugar. Boil 15 minutes and remove scum as it forms. Cut off blossom end of apples, wash, and add to vinegar and sugar. Boil slowly until tender. Lift out apples with perforated spoon and put into hot sterilized jars. Boil syrup down until thick and pour over apples; seal immediately. The apples may be cored if desired; if so, cooking time should be decreased so that apples will not lose their shape.

BAKED CRAB APPLE PICKLES

5 pounds crab apples

Whole cloves

3¼ pounds sugar

**1 ounce stick cinnamon,
broken**

1 quart vinegar

Wash apples; remove flower end and stick a clove in its place. Take a 4-quart ovenproof jar or casserole, and place layer of apples on the bottom; put layer of sugar and some cloves and cinnamon sticks over apples, and continue alternating layers until jar is nearly full. Pour the vinegar over all and cover. Bake in 325-degree oven without disturbing for two hours. When finished, juice will cover fruit. Tie cloth over top, replace lid, and store in a cool place. Use as needed, and keep covered as directed. If left in a cool spot, this will keep six to eight months.

QUICK PICKLED CRAB APPLES

7 pounds crab apples

3½ pounds sugar

1 ounce stick cinnamon

½ ounce whole cloves

**1 tablespoon whole
allspice**

1 pint cider vinegar

Wash crab apples, remove blossom end, and steam in double boiler with sugar and a very little water until tender. Put into hot sterilized jars. Meanwhile, tie spices into small bag and boil with vinegar for 15 minutes. Remove spices, pour vinegar over apples and seal immediately. Let stand three weeks or more before using.

APPLE AND ORANGE MARMALADE

Well-flavored oranges

Firm, tart apples

Water

Sugar

This marmalade is made with equal amounts of all ingredients, which, when you come to think of it, is most obliging. If you have only four oranges and apples are plentiful, use the oranges as the measure. Cut up oranges, put through food chopper, and measure by cups. Peel, core and chop the same amount of apples, add same number of cups of cold water, and simmer until the orange rind is tender. Measure. Put equal number of cups of sugar in kettle, and boil, stirring occasionally until thickened. Seal immediately in hot, sterilized glasses. A lemon or two may be added to this with the oranges if desired. It makes a delicious marmalade and, like all marmalades, chutneys and pickles with a mixed flavor, should stand for several weeks before being used.

SPICED APPLE JELLY

6 pounds apples

3 pints vinegar

1 pint water

1 ounce stick cinnamon

2 teaspoons whole cloves

2 teaspoons mace blades

Sugar as needed

Wash and quarter apples and cook in vinegar and water, with spices tied in a small bag, until apples are soft. Put into jelly bag and let drip 5 hours or overnight. Boil juice 2 minutes, then measure it. Add $\frac{3}{4}$ cup of sugar for each cup of hot juice, and boil until syrup sheets from spoon. Pour at once into hot sterilized jelly glasses, and seal with paraffine.

3

APRICOTS

In the East, fresh apricots are not often cheap enough to be a good buy, but if one keeps a weather eye open, a bargain can sometimes be found. Apricot jam happens to be one of my favorite sweets; it brings to mind happy *petits déjeuners* in Paris and the South of France, with melt-in-the-mouth *croissants*, *café au lait* (an acquired taste which I worked on and achieved), and always apricot jam!! If you like apricot jam too, you will want to make the following. It is delicious.

APRICOT JAM

4 pounds fresh apricots

**1 large lemon, juice and
grated rind**

Pinch of salt

3 pounds granulated sugar

Wash, quarter and pit apricots. Add lemon juice and grated peel and measure by cups. Add a pinch of salt mixed in the sugar. Add $\frac{3}{4}$ cups sugar to 1 cup fruit, stir well and let stand overnight. In the morning, bring to a boil and let simmer until thick, about 45 minutes. Add two or three cracked apricot pits to each hot sterilized jar and seal while hot.

APRICOT STRAWBERRY JAM

**3½ pounds (8 cups) ripe
apricots, quartered
2 pints strawberries
6 cups sugar
Pinch of salt**

Wash apricots, remove pits, and cut into quarters. Wash and hull strawberries. Combine apricots with 3 cups sugar and salt; put into kettle, stir well and bring quickly to boil, stirring occasionally; boil for 10 minutes. Meanwhile, cover strawberries with remaining 3 cups sugar, stirring gently so as not to crush berries. When apricots have boiled ten minutes, add strawberries and boil ten minutes longer. Let stand in the kettle overnight; stir occasionally while it cools. In the morning, pour into hot sterilized jars and seal. If the syrup is not thick enough, use perforated spoon to transfer fruit into jars, and continue boiling syrup until thickened. Pour over fruit and seal.

DRIED APRICOT JAM

**2 pounds dried apricots
2 quarts ice water
5 pounds sugar**

Cut fruit into thin strips with scissors; dip scissors in lemon juice, if they get too sticky. Rinse apricots and soak in ice water for 24 hours. Add sugar, and cook slowly, stirring occasionally to keep from sticking to the bottom of the kettle; simmer until clear and thick. Pour into hot sterilized glasses and seal. Makes about 12 small glasses.

EASY APRICOT JAM

Apricots

Sugar

Pinch of salt

Wash, cut up apricots and remove pits. Do not peel. Measure or weigh and use equal amount of sugar, using a pinch of salt to each cup of sugar. If fruit is ripe and sweet, use $\frac{3}{4}$ cup of sugar for each cup of fruit. Put half the fruit in a kettle, with half the sugar over it. Add rest of fruit, then remaining sugar. Let stand overnight. Bring to a slow boil, and cook, stirring now and then, until desired consistency is reached. Pour into hot sterilized jars and seal. Peaches and plums can be treated this same way to make excellent jam.

MIXED DRIED FRUIT CHUTNEY NO. 1

**$\frac{1}{2}$ pound dried apricots,
soaked and chopped**

**$\frac{1}{2}$ pound pitted dates,
chopped**

**2 pounds pitted sour
cherries, chopped**

1 cup seedless raisins

**1 small red hot pepper,
minced**

**$\frac{1}{2}$ cup preserved ginger,
minced or chopped**

**2 cloves garlic, peeled
and minced**

**1 cup firmly packed
brown sugar**

2 teaspoons salt

$\frac{1}{2}$ cup honey

1 cup wine vinegar

Cut up apricots, cover with water and soak. Save water. Mix first nine ingredients, stir well, and let stand 2 hours. Add liquids plus apricot water and bring to a good fast boil, then simmer until well thickened. Stir frequently to prevent burning. Pour into hot sterilized jars and seal. Makes about 3 pints.

MIXED DRIED FRUIT CHUTNEY NO. 2

1 pound dried prunes	4 cloves garlic, peeled and minced
1 pound dried apricots	½ cup salt
1 pound tart apples	1 tablespoon ginger
1 pound dates, pitted	1 teaspoon pepper
1 pound figs	1 teaspoon cloves
2 Bermuda or Spanish onions	1 teaspoon allspice
1 cup brown sugar, packed	1 teaspoon cinnamon
4 ounces preserved ginger	2 lemons, grated rind and juice
1 tablespoon curry powder	Cider vinegar
	½ cup Sherry or Brandy

Soak prunes and apricots 1 hour. Remove prune pits. Peel and core apples. Grind all fruit and onions in coarse blade of grinder. Add sugar and spices, and cover with vinegar. Stir well and boil until sufficiently thick. Add Sherry or Brandy before removing from heat, test for salt and add more if necessary. Pour into hot sterilized jars and seal when cool.

WINTER APRICOT CONSERVE

½ pound dried apricots	1½ whole oranges, chopped fine
1 can crushed pineapple	Sugar
1 orange—juice of, and rind cut into thin strips	½ cup chopped nuts

Cut apricots into thin strips and soak overnight with orange rind in just enough water to cover. Drain. Mix fruits and juice, measure, and add $\frac{3}{4}$ cup sugar for each cup of mixed fruits. Bring quickly to a boil, stir and cook until thick, about 20 minutes. Add nuts and pour into hot sterilized jars and seal when cool.

4

BANANAS

One does not need to live in a tropical climate to find suddenly that one has six or eight bananas ready for immediate eating. If the children are away, try one of the following:

BANANA CHUTNEY

6 ripe bananas, peeled and mashed	½ teaspoon ginger
1 cup onions, minced	½ teaspoon cloves
1 cup seeded raisins	½ teaspoon nutmeg
1 cup tart apples, minced	¼ teaspoon cayenne pepper
¾ cup vinegar	Juice of 2 lemons
2 cups sugar	½ clove garlic, peeled and minced
1 tablespoon salt	
2 teaspoons celery salt	

Combine all ingredients and mix well. Preheat oven to 350°F. Place mixture in a casserole in oven and let cook for about 2 hours, stirring occasionally. It will turn a deep brown. When thick, pour into sterilized jars to overflowing, and seal immediately. Makes about 2 pints.

BANANA JAM

6 or 8 large bananas

Sugar

Juice of 3 oranges

Juice of 2 lemons

½ teaspoon salt

Peel bananas and cut into ¼-inch slices. Weigh. For each pound of fruit, use ¾ pound sugar. Melt sugar, add fruit and juices and salt. Cook until thick and a rich, reddish color. Pour into hot sterilized jars and seal.

BANANA RELISH

1 cup cider vinegar

4 tablespoons sugar

14 cloves

1 teaspoon cinnamon

1 teaspoon allspice

8 ripe bananas

Combine vinegar, sugar and spices and cook until mixture begins to thicken, stirring only until sugar is dissolved. Peel and cut bananas into thick rounds and add to syrup. Boil hard for 2 minutes and pour into small hot sterilized jelly glasses and seal, or keep chilled until used.

5

BEETS

Beets, like the poor, are always with us, and therefore are not properly appreciated. Young beets have a delicious flavor, and all beets have an interesting texture, combined with other foods, if cooked properly. They are inexpensive to buy, and when cooked in a pressure cooker take very little fuel to prepare, and best of all to a busy housewife, the canned or bottled

beets from the store are quite as good as home-cooked ones. The following recipes may be made with either fresh cooked or canned beets:

BEET AND CABBAGE RELISH

**1 quart cooked beets,
chopped**

1 quart raw cabbage

1 cup chopped onions

**1 cup grated fresh horse-
radish**

4 tablespoons salt

1¾ cups vinegar

¾ cup sugar

Mix first five ingredients. If fresh horseradish is unobtainable use prepared horseradish sauce and only 1 cup of vinegar. Bring vinegar and sugar to a good rolling boil and add other ingredients, stirring well. Cook until clear, about 10 minutes, and seal in hot sterilized jars. This makes about 2½ quarts of relish.

BEET AND HONEY RELISH

**4 cups peeled raw beets,
chopped**

**2 cups raw cabbage,
chopped**

**1 cup grated raw horse-
radish**

2 cups sugar

1 cup strained honey

3 teaspoons salt

2 hot red peppers, seeded

Cider vinegar

Combine all ingredients except vinegar, mix well together in kettle, then add just enough vinegar to cover mixture and bring to a boil. Boil for 10 minutes, pour into hot sterilized jars. Seal.

UNCOOKED BEET AND HONEY RELISH

- | | |
|--|---|
| 1 cup cooked beets,
chopped | 1 cup raw chopped
cabbage |
| ¼ cup grated horseradish | 2 tablespoons granulated
sugar |
| 1 teaspoon salt | ½ cup strained honey |
| 1 cup vinegar | ¼ cup water |

Combine ingredients and mix well. There should be enough liquid to cover vegetables. Pour in hot sterilized jars and seal. This is a good one for the kitchenette cook. Nothing could be simpler, and it tastes good and looks attractive.

BEET PICKLES

- | | |
|---------------------------------|---|
| 2½ quarts cooked beets | 1 quart strong cider or
wine vinegar |
| 2 teaspoons celery seed | 1 cup sugar |
| 2 teaspoons mustard seed | 5 small onions, sliced, if
desired |
| 4 teaspoons salt | |
| 2 sticks cinnamon | |
| 1 teaspoon whole cloves | |

Peel beets, leave whole if small young ones; if large, slice thin. Tie spices in cheesecloth bag and put with vinegar and sugar into kettle and bring to boil. Add beets and onions, and bring again to a boil. Remove spice bag and pack beets into hot sterilized jars. Pour the hot liquid over them and seal immediately. Makes about 6 pints.

6

BLACKBERRIES

When you were a child, did you go out into sunny thorny tangles with empty lard buckets and tin pans to pick blackberries from the fields? It was a great occasion for me when we all sallied forth with our lunch to go "blackberryin'" for the day. Now I know some people call these dewberries as well as blackberries, but "dew" or "black" berries, they are very nice spiced or in jam.

SPICED BLACKBERRIES

- 2 cups brown sugar,**
firmly packed
- 1 cup cider vinegar**
- 2½ pounds blackberries**
- 2 teaspoons whole cloves**
- 1 stick cinnamon**
- 6 whole allspice**

Heat sugar in vinegar, stirring until dissolved. Add berries and spices (tied in cheesecloth bag) and boil rapidly until thick. Remove spices, pour fruit into hot sterilized glasses and seal. Makes 2½ pints.

BLACKBERRY JAM

Blackberries

Sugar

½ teaspoon salt

Juice of ½ lemon

Wash berries carefully, drain and stem. Put into kettle and crush to bring out the juice. Slowly bring to a boil. (If seedless jam is preferred, put through food mill and heat pulp.) Measure pulp. For each cup of pulp add $\frac{3}{4}$ cup sugar, salt and lemon juice. Boil, stirring constantly, until mixture thickens to a jelly-like consistency. Pour into hot sterilized jars and seal when cool.

BLACKBERRY AND CURRANT JAM

2 cups blackberries

1 cup currants

2 cups sugar

Wash and stem berries. Into kettle put 1 cup blackberries and sprinkle with $\frac{1}{2}$ cup sugar, then 1 cup currants, sprinkle with 1 cup sugar, then remaining berries and sugar. Let stand 1 hour. Slowly bring to a boil and boil 5 minutes. Let stand 3 hours. Bring to a boil for 3 minutes. Pour into hot sterilized glasses and allow to cool before sealing. If carefully handled, the berries will remain whole and suspended in the juice.

PICKLED BLACKBERRIES

7 pounds blackberries
3 pounds sugar
1 pint vinegar
2 teaspoons cinnamon
2 teaspoons cloves
1 teaspoon nutmeg

Wash and pick over berries. Mix sugar and vinegar, add spices tied in a bag. Bring mixture to a boil. Let stand 3 hours. Again bring to a boil and let boil 10 minutes. Remove spices, add berries and simmer gently until heated through, but do not let them lose their shape. Remove with perforated ladle and put into hot sterilized jars. Fill jars with syrup to overflowing and seal.

BLACKBERRY JELLY

Blackberries
Sugar
Lemon juice
Salt

Wash berries, stem and hull. Put into kettle and mash. If berries are firm, use $\frac{1}{4}$ cup water; if very ripe, none. Bring to a boil, stirring constantly, and boil from 5 to 10 minutes. Put into jelly bag and let juice drip overnight. Measure juice, add 1 tablespoon of lemon juice per cup, and boil 5 minutes; add $\frac{3}{4}$ cup sugar to each cup of juice. Add $\frac{1}{2}$ teaspoon salt per cup of juice, and boil until jelly test is accurate. Pour in hot sterilized glasses and seal when cool.

7

BLUEBERRIES

In recent years blueberries have increased in size, and cultivated varieties even take their place as shrubbery in many landscaped gardens. Through extensive cultivation, these berries have somewhat lost the flavor of the native huckleberries which fortunately still dot the fields of New England and the Northern States. There, native huckleberries and high-bush huckleberries are plentiful, and all one needs are pails and pickers. Huckleberries have a prominent seed, blueberries an inconspicuous one. Their favored use is still time-honored pie, but the following two recipes also display their highly individual flavor to advantage.

BLUEBERRY AND APPLE CONSERVE**2 cups blueberries****3 cups sugar****2 cups tart apples, peeled
and diced****Juice and grated rind of 1
lemon**

Pick over and wash berries, mix with diced apples and sugar. Add lemon juice and rind, and cook, stirring frequently, until thick. Pour into hot, sterilized jars and seal.

UNCOOKED PICKLED BLUEBERRIES

- | | |
|----------------------------------|---------------------------------|
| 1 pint blueberries | ½ cup light brown sugar, |
| 2 tablespoons molasses | firmly packed |
| 2 teaspoons cider vinegar | 1 teaspoon salt |

Wash and pick over berries, and add to remaining ingredients which have been well mixed. Cover and let stand several days, until sufficient juice has been drawn out to cover berries. Pour into hot sterilized jars and seal. Makes about 2½ pints.

8**CABBAGE**

Cabbage need not always mean sauerkraut! Here is a recipe for spiced cabbage to relieve the monotony.

SPICED CABBAGE

- | | |
|----------------------------|----------------------------------|
| 2 quarts shredded | 2 teaspoons allspice |
| cabbage | 2 tablespoons English |
| ½ cup salt | mustard |
| 1 cup sugar | 2 teaspoons mustard seed |
| 1 teaspoon cinnamon | 1 to 2 cups cider vinegar |
| 1 teaspoon cloves | |

Put cabbage in layers in a bowl and sprinkle salt between layers; allow to stand overnight. In the morning, add water to cabbage and drain, washing off salt. Mix the sugar and spices and put cabbage in layers into hot sterilized jars, sprinkling spiced sugar between layers, until jars are full. Cover with cold vinegar and seal. Let stand 3 weeks before using. Makes about 3 pints.

9

CARROTS

Carrots, like beets, are another blessing we always have with us. They are an easily grown, hardy vegetable, and can be purchased cheaply at market at any season of the year. Many people are surprised to learn delicious marmalades and relishes can be made from carrots, which are a nice change when fruits are scarce.

CARROT MARMALADE

1 large bunch medium-sized carrots

1 lemon

3 oranges

Sugar

1 teaspoon salt

3 pieces crystallized ginger, chopped, if desired

Scrape, wash and slice or dice carrots and cook until almost tender, in as little water as possible. Grate rinds of lemon and 1 orange. Squeeze juice from lemon and dice remaining two oranges, or put through grinder, peel and all, also pulp of grated one. Measure fruit, juice and carrots; use $\frac{3}{4}$ cup sugar for each cup of pulp, add salt, and mix well together. Simmer until sufficiently thick, stirring now and then to prevent sticking to bottom of kettle. Pour into hot sterilized glasses, and seal.

CARROT RELISH

1 cup sugar	2¼ cups green peppers, ground
1 cup molasses	2¼ cups sweet red peppers, ground
6 cups white vinegar	2¼ cups cabbage, ground
4½ tablespoons salt	4¼ cups onions, diced or ground
1 tablespoon mustard seed	
1 tablespoon celery seed	
9 cups carrots, ground	

Mix first 6 ingredients in kettle and bring to a boil. Add all the vegetables, which have been put through coarse knife in grinder, and cook until thick, about 45 minutes. Pour into hot sterilized jars and seal. Makes about 6 pints.

SWEET SPICED CARROTS

5 pounds small carrots	2 teaspoons mixed pickling spices
2 teaspoons whole cloves	3 cups cider vinegar
2 teaspoons whole allspice	3 cups sugar
5 small sticks cinnamon	1 teaspoon salt
1 teaspoon whole mace	

Boil carrots in a very little salted water for 5 minutes; plunge into cold water, scrape and slice—if really small, leave whole, cutting off tips if necessary to fit into jars. Tie spices into a cheesecloth bag and boil with vinegar, sugar and salt for 5 minutes. Pour over carrots and allow to stand overnight. In the morning, boil mixture 5 to 8 minutes, or until carrots are almost tender. Pack carrots into hot sterilized jars, remove spice bag and cover carrots with syrup. Seal while hot. Makes about 5 pints.

PICKLED CARROTS

6 pounds young carrots	$\frac{3}{4}$ cup sugar
2 cups vinegar	1 teaspoon salt
2 cups water	$\frac{1}{4}$ teaspoon black pepper
1 tablespoon whole mixed spices	

Wash and scrape carrots and cook in a very little salted water until almost tender. Cut to even lengths and pack closely into hot sterilized pint jars. Make syrup of remaining ingredients, bring to a good rolling boil, and after boiling a minute or two, pour over carrots to overflowing and seal jars immediately.

10

CHERRIES

Cherries! They mean spring, sunshine, robins, and small active bodies with willing hands to strip the trees before rain and birds rob the crop. But even if one must buy them, there is nothing quite so good as cherry jam and cherry conserve—the firm fruit, the slightly tart sweetness means summer is “acumin’ in,” and hot biscuits and cherry jam for tea!

In the following recipes any other variety of cherry may be substituted for the ones specified, but the Bing, Oxheart or similar cherries require less sugar than the sour ones. The cooking period also varies with juiciness of the fruit. The jams should be cooked until firm, not “runny.”

BRANDIED CHERRIES

**Bing cherries (or similar
variety)**

**Water
Brandy**

Sugar

Wash cherries and cut stems to even lengths. For each pound of cherries, make a syrup of 1 cup sugar to $\frac{1}{2}$ cup water, and when at a full boil add cherries and cook 5 minutes. Remove cherries with perforated spoon, and put them into hot sterilized jars. Boil syrup until slightly thickened. Separately heat $\frac{1}{2}$ cup Brandy for each pound of fruit. Mix with syrup and pour over cherries. Seal immediately while hot. 1 pound of cherries makes 1 pint.

UNCOOKED BRANDIED CHERRIES

**1 quart cherries, white or
black**

**$\frac{1}{2}$ cup sugar
1 pint Brandy**

Wash cherries and remove stems. Put them into clean, hot jars in layers, with a sprinkling of sugar between, until jar is full. Fill with Brandy and seal tightly. Keep in cool, dark place for 6 weeks or more. The longer you keep them, the better they become.

CHERRY JAM WITH BLACK RASPBERRIES

**3 pints pitted sour
cherries, with juice**

**1 pint blackcaps, or black
raspberries
 $2\frac{1}{2}$ cups sugar**

If the fruit juice does not cover bottom of kettle, add a little water. Stir in sugar, and when it dissolves add the fruit. Boil until thick and clear. Pour into hot sterilized glasses and seal when cool.

CHERRY JAM WITH CURRANTS

- 1 pint red currants**
- 1½ pounds sugar**
- Water**
- 2 pounds cherries, pitted**

Cook stemmed and washed currants in a little water, mashing them to extract as much juice as possible. Cook to a pulp and put in jelly bag to drain. Add 1¼ cups water to sugar and bring to a rolling boil and boil 5 minutes, removing scum from top. Add cherries and currant juice. Boil 1 minute and allow to cool and stand overnight without touching. In the morning, remove cherries with perforated spoon and boil syrup 2 minutes. Return cherries to syrup and boil 2 minutes more. Allow to cool and pour into hot sterilized glasses. Seal immediately.

CHERRY CONSERVE

- | | |
|--------------------------------------|------------------------------------|
| 1 orange | 7 cups sugar |
| 1 lemon | 1 cup seeded raisins |
| 3 quarts pitted sour cherries | ½ cup walnut meats, chopped |

Wash and slice citrus fruit thin, and chop or put through grinder or blender, using juice, pulp and rind. Mix cherries, sugar and raisins and citrus and let stand 1 hour. Put over heat and boil until thick. Add nut meats and pour into hot sterilized glasses and seal. Makes about ten 6-ounce glasses.

SPICED CHERRY CONSERVE**1 pound firm cherries,
pitted** **$\frac{3}{4}$ pound sugar** **$\frac{1}{4}$ teaspoon cinnamon** **$\frac{1}{4}$ teaspoon allspice****8 whole cloves** **$\frac{1}{2}$ orange, chopped or
ground** **$\frac{1}{2}$ lemon, chopped or
ground** **$\frac{1}{4}$ cup chopped nuts, if
desired**

Mix all ingredients except nuts and let stand 1 hour. Put over heat, stirring occasionally, and boil rapidly until clear and thick. Add nuts. Let stand till cold and pour into hot sterilized glasses. Seal.

CHERRY PRESERVES**Sour red cherries****Sugar**

Use only perfect cherries; wash, stem and remove pits. For each pound of cherries use $\frac{3}{4}$ cup sugar and place in kettle in alternate layers with sugar. Let stand 8 hours, or overnight. In the morning, put over heat and stir carefully until it comes to a full, rolling boil. Cook, stirring occasionally, until syrup is thickened slightly. Let stand 3 hours. Bring to a boil, and pour into hot sterilized glasses and seal when cool.

MRS. HAMAN'S PICKLED CHERRIES**Pitted cherries****Cider vinegar****Sugar**

Pit large eating cherries and place in a stone crock. Cover them with mild cider vinegar and let stand 8 days, stirring each morning and evening. On the ninth day, drain off and

save liquid. Measure cherries, add an equal amount of sugar and replace in crock with liquid. Let stand again for 8 days and stir twice daily. Put in hot sterilized jars and seal.

STELLA STANDARD'S PRESERVED CHERRIES

**1 quart pitted sour red
cherries**

**4 cups sugar
½ cup water**

Mix cherries with 2 cups sugar and let stand while making a syrup with remaining sugar and water. When sugar reaches the hard ball stage when tested in cold water, add sugared cherries and let boil 15 to 20 minutes. Let stand in kettle overnight, and in the morning, pour cold jam into hot sterilized glasses and seal.

OLD-FASHIONED OLIVE CHERRIES

Cherries

Salt

Sugar

Vinegar

Select perfect, ripe, black cherries; wash and do not remove stems. Put them into hot sterilized pint jars. To each pint add syrup which has been made of 1½ teaspoons salt, ¼ cup vinegar and two tablespoons sugar, which has been brought to a boil. Pour this into the hot jars and fill to the top with cold water and seal. Let stand 4 weeks before using.



11

CORN

Even a favorite vegetable like sweet corn can become tiresome, and one sometimes wonders why so many rows were planted. Then is the time to use the more mature ears for relish. It makes a nice crisp pickle to accompany hamburgers and cold meats.

CORN RELISH NO. 1

9 ears sweet corn	1 teaspoon turmeric
1 quart cider vinegar	1 small cabbage, chopped
1 cup sugar	2 onions, chopped
1 tablespoon salt	3 red peppers, seeded and chopped
½ teaspoon black pepper	2 green peppers, seeded and chopped
1½ tablespoons dry mustard	

Scald corn in boiling water 2 minutes. Dip in iced water, then cut grains from cob. Mix vinegar, sugar and seasonings, bring to a boil and add all the vegetables. Boil until vegetables are somewhat tender, about 20 minutes, stirring to prevent scorching. Pour into hot sterilized jars and seal. Makes about 4 pints.

CORN RELISH NO. 2

6 cups white cabbage, chopped	1½ tablespoons flour
2 tablespoons salt	6 tablespoons water
1½ cups vinegar	6 ears corn, cooked and cut from cob
1½ cups water	1½ teaspoons celery seed
¾ cup dry mustard	1½ teaspoons mustard seed
1½ cups sugar	

Sprinkle cabbage with salt. Heat vinegar and 1½ cups water to boiling. Mix mustard, sugar and flour to a paste with 6 tablespoons water and stir into vinegar until smooth. Mix cabbage, corn, celery and mustard seeds, and pour boiling liquid over it, stirring well. Heat to boiling point and pour into hot sterilized jars and seal. Makes about 5 pints.

This Corn Relish No. 2 assumes a quite different flavor when seasoning is changed as follows:

1½ cups vinegar	1 tablespoon curry powder
1 cup sugar	
2 tablespoons English mustard	1 teaspoon turmeric

Instead of the seeds, use 2 green peppers and 3 onions, chopped. Proceed as above.

HONEY CORN RELISH

9 cups cut corn kernels	½ cup sugar
3 cups chopped raw cabbage	¼ cup salt
3 cups chopped celery	1 tablespoon dry mustard
2 cups chopped green pepper	1 tablespoon celery seed
1 cup chopped red pepper	1 tablespoon turmeric
3 cups chopped onion	1 cup honey
3 cups chopped unpeeled cucumber	3 cups cider vinegar
	1 cup hot water

Mix all vegetables and add remaining ingredients as listed and bring to a boil. Cook slowly 15 minutes and pour into hot sterilized jars. Seal. Makes about 9 pints.

TART CORN RELISH

7 cups blanched cut corn	1 quart cider vinegar
1 small cauliflower, broken into small pieces	2 tablespoons salt
1 cup celery, chopped	2 tablespoons English mustard
3 green peppers, chopped	1 tablespoon celery salt
3 red peppers, chopped	

Mix vegetables, add remaining ingredients and bring to a boil, stirring frequently. Cook 20 minutes and pour into hot sterilized jars; seal. Makes about 6 pints.

12

CRANBERRIES

Not everybody realizes that cranberry jelly can be made and kept in jars like any other jelly. Putting it up oneself is more economical than buying the tinned jelly, which is a larger amount than is needed by small families, and either clutters the refrigerator until one eats it in desperation or it is plain wasted. Cranberries are rich in pectin, and jell very quickly.

CRANBERRY JELLY

- 1 pound cranberries**
- 2 cups water**
- 2 cups sugar**

Wash and pick over berries and boil in water until skins pop open. Put into jelly bag and let drip 5 hours or more. Measure and bring to a boil and cook a few minutes before adding equal amount of sugar. Stir until sugar dissolves and watch closely, as it arrives at jelling point in about 2 minutes. Remove scum as it forms. Pour into hot sterilized glasses and seal while hot. Makes about five 5-ounce glasses.

CRANBERRY CHUTNEY

½ cup pineapple jam	1 winter pear, peeled and cored
½ cup sugar	
1½ cups water	1 tart apple, peeled and cored
½ cup vinegar	
1 stick cinnamon	3 cups cranberries, washed
½ teaspoon curry powder	
½ teaspoon ginger	½ cup seedless raisins
6 cloves	¼ cup nuts, chopped
1 lime, or lemon	

Combine first eight ingredients and bring to a boil. Slice lime as thin as possible and chop or dice pear and apple and put into boiling liquid until fruit looks transparent, then add cranberries and raisins. Cook until cranberries pop open. Remove from heat, stir in nuts and pour into hot sterilized jars. Seal while hot. Makes about 2 pints.

SPICED CRANBERRIES NO. 1

- 5 pounds cranberries**
- 4½ cups brown sugar**
- 1½ cups cider vinegar**
- 2½ cups water**
- 2 tablespoons allspice**
- 2 tablespoons cinnamon**
- 1 tablespoon cloves**

Wash and pick over berries. Bring sugar, liquid and spices to a boil and add berries. Cook, stirring often, until thick. Pour into hot sterilized glasses and seal. Makes about 5 pints.

SPICED CRANBERRIES NO. 2

2½ cups sugar
½ cup water
2 medium sticks cinnamon
1½ teaspoons whole
cloves
2 tablespoons lemon juice
Grated rind of 1 lemon
4 cups cranberries

Combine all ingredients but the berries and bring to a boil, stirring until sugar is dissolved. Boil 5 minutes while washing and picking over cranberries. Add berries and cook without stirring until their skins pop open. Seal in hot sterilized jars. Makes about 2 pints.

CRANBERRY CONSERVE

3 oranges, pulp and	3 cups sugar
grated rind	2 cups water
1 quart cranberries	½ teaspoon salt
1 cup seeded raisins	½ cup nuts, chopped
½ cup currants, or seedless	
raisins	

Grate rind and peel oranges. Put first four ingredients through food chopper, add sugar and let stand 1 hour. Add water and salt, bring to a boil and cook, stirring frequently, about 30 minutes, or until thick. Add nuts, pour into hot sterilized jars and seal when cool.

CRANBERRY SAUCE

1 pound cranberries

1 cup water

2½ cups sugar

1 tablespoon lemon juice

Grated rind 1 lemon

Wash and drain cranberries and run each one through with a darning needle to keep them from bursting. Add water and simmer until berries are soft. Add sugar, lemon juice and rind and boil rapidly, stirring frequently, until mixture thickens. When thick enough, pour into hot sterilized glasses and seal. Makes about four 6-ounce glasses. This can also be made without pricking the berries. Cook until they stop popping open. Add sugar and proceed as above. Just as good, but not as pretty, as when the berries remain whole.

QUICK CRANBERRY SAUCE

2 cups sugar

2 cups water

1 pound cranberries

Add sugar to water and boil 5 minutes. Put in berries and boil quickly until berries have all popped open. Test for jelly right away. When it jells, pour into hot sterilized jars and seal.

SIMPLE CRANBERRY CONSERVE

2 cups cranberries

½ lemon

1 large apple

½ cup water

2 or 3 pieces ginger—

**candied, preserved or
green**

**1½ cups brown sugar
(packed down)**

Wash berries, slice lemon very thin and remove seeds. Peel and core apple. Put berries, apple and ginger through food grinder (lemon too, if preferred to slices), and put all ingredients into kettle. Bring to a boil and simmer, stirring now and then, until thick. Pour into hot sterilized glasses and seal when cool. Makes about two 6-ounce glasses.

13

CUCUMBERS

Cucumbers, to my mind, head the royal family of pickles. Sweet, sour, dill, large or small, cut lengthwise or across, or put through the food chopper, cucumber pickles have a quality of crisp, refreshing goodness which cannot be surpassed as an appetizer. As with all fruits and vegetables, the best results are obtained from cucumbers freshly picked, or picked within twenty-four hours of pickling.

There is practically no end of recipes for cucumber pickles, especially those known as Bread and Butter Pickles. The variations are slight, but there are in these pages a number of similar recipes to acquaint non-picklers with the simple fact that almost any combination of salt, vinegar and spices (with or without sugar), and cucumbers, will make a good-tasting pickle with little effort or time in the doing. Try them all, then stick to the ones you like best. Unlike jam and jelly, these pickles, except for those put down in brine, only keep well when hermetically sealed in proper preserving jars. When sealed with paraffine they are apt to soften or get moldy.

During a dry summer cucumbers are plentiful. In cucumber time, a garden will produce a basketful ready to use almost every day; by the same token they will be cheap to buy. Some recipes require only ten minutes or so of cooking, so no day will be too warm for a try, and the reward in praise from family and friends will be great.

Commercial pickles such as Dill Pickles, Bread and Butter Pickles, Watermelon Rind and Citron, etc., are usually cured in brine before being flavored by the pickling syrup. Any whole fruit or vegetable or non-juicy rind may be kept in brine until such time as is convenient to preserve them. They will have a fine, crisp texture, often better than when directly cooked in the pickling syrup. Follow the rules for brine method pickling on page 9.

BREAD AND BUTTER PICKLES NO. 1

4 quarts medium-sized cucumbers, unpeeled	1 cup water
8 white onions, sliced	½ teaspoon whole cloves
2 green peppers, seeded and sliced	1½ teaspoons turmeric
½ cup salt	2 tablespoons mustard seed
Ice cubes	1 teaspoon celery seed
3½ cups sugar	1 tablespoon peppercorns
	4 cups vinegar

Slice cucumbers fairly thin and mix with other vegetables and the salt. Mix in ice cubes and let stand 3 hours; drain. Combine remaining ingredients, add vegetables and bring to a boil. Pack into hot sterilized jars to overflowing and seal. Makes about 6 pints.

BREAD AND BUTTER PICKLES NO. 2

- 8 cups thinly sliced,
peeled cucumbers**
- 2 cups thinly sliced white
onions**
- 4 tablespoons salt**
- 4 green peppers, seeded
and thinly sliced**
- 1 cup sugar**
- 1½ cups vinegar**

Sprinkle cucumbers and onions with salt and let stand 1 hour, stirring them once during that time. Bring remaining ingredients to a boil, drain cucumbers and add to liquid. Heat until it comes to boiling point again. Fill hot sterilized jars to overflowing and seal.

BREAD AND BUTTER PICKLES NO. 3

- 50 medium-sized
cucumbers**
- 6 onions**
- 4 tablespoons salt**
- 1½ pints white vinegar**
- 3 cups sugar**
- 2 tablespoons celery seed**

Wash cucumbers and slice; peel and slice onions, sprinkle with salt and let stand 2 hours. Drain. Bring remaining ingredients to a boil, add drained cucumbers and heat thoroughly. Pour into hot sterilized jars and seal.

BREAD AND BUTTER PICKLES NO. 4

**6 medium-sized
cucumbers**

3 large onions

½ cup salt

1½ cups water

¾ cup sugar

1 teaspoon mustard seed

¾ teaspoon ginger

½ teaspoon turmeric

1½ cups vinegar

1 clove garlic, peeled

Wash cucumbers and slice into ¼-inch slices. Peel and slice onions, add salt to water, pour over vegetables, and let stand 2 hours; weight vegetables to keep them under brine. Combine remaining ingredients and bring to a boil. Drain vegetables, cover with hot syrup and simmer until cucumbers are tender and clear. Remove garlic and pour into hot sterilized jars and seal. If desired, a fresh-peeled garlic clove may be added to each jar before sealing. Makes about 2 pints.

MOTHER HARRIS'S BREAD AND BUTTER PICKLES

**12 cucumbers, 1½ inches
in diameter**

**6 white onions, 1½ inches
in diameter**

1½ cups salt

Cold water to cover

2 cups sugar

2 cups vinegar

1 teaspoon ground ginger

1 teaspoon turmeric

½ teaspoon black pepper

2 teaspoons cornstarch

2 teaspoons celery seed

2 teaspoons mustard seed

Peel and slice cucumbers and onions thin. Put salt into water, stir well and add cucumbers and onions. Let stand 2 or 3 hours, then drain and add to the rest of ingredients which have been brought to boiling point. Let cook only long enough to heat them through, then pour into hot sterilized jars to overflowing and seal. Makes 5 or 6 pints.

SWEET BREAD AND BUTTER PICKLES

4 quarts cucumbers, sliced	5 cups sugar
8 small onions, sliced	4 cups vinegar
2 green peppers, sliced	1 teaspoon turmeric
½ cup salt	½ teaspoon cloves
Ice cubes	1 tablespoon powdered mustard
1 small bunch celery, sliced	2 tablespoons celery seed

Mix vegetables with salt and 2 trays of ice cubes and let stand 3 hours, stirring now and then to keep vegetables in the brine. Make a syrup of remaining ingredients and add drained vegetables until well heated through. Do not boil them. Seal in hot sterilized jars.

SIMPLE SWEET PICKLES

8 or 10 fresh cucumbers	1 quart vinegar
Ice water	1 cup sugar
Celery	½ cup water
Onions	⅓ cup salt

Soak cucumbers in ice water 5 hours. Then slice them lengthwise to fit into hot, sterilized pint or quart jars, with 3 pieces of celery and 3 slices of onion in each jar. Make a syrup of remaining ingredients by boiling 10 minutes. Drain jars of any liquid coming from cucumbers and fill to the brim with hot syrup; seal. This proportion of liquid should properly pickle about 8 large cucumbers, or 10 medium-sized ones.

MIXED SWEET PICKLES

- | | |
|---|---|
| 2 quarts water | 1 green pepper, seeded and sliced |
| 1 cup salt | 2 red peppers, seeded and sliced |
| 1 quart tiny cucumbers | Okra and tiny carrots (if desired) |
| 1 quart cucumbers, sliced | ¼ cup horseradish, grated |
| 1 quart small white onions, cut in half | 3 quarts vinegar |
| 1 cup string beans, sliced on bias | 3 pounds brown sugar |
| 1 cup wax beans, sliced on bias | ½ teaspoon pepper |
| 1 small cauliflower, broken in flowerets | 4 tablespoons celery seed |
| 2 small squash, sliced | 4 tablespoons mustard seed |

Make brine of salt and water and soak vegetables overnight. Wash off salt and drain well. Add the grated horseradish and mix well. Make a syrup with vinegar, sugar and spices and boil 10 minutes, then pour over the vegetables and let stand 2 days. Drain and reheat syrup to boiling point. Pack pickles into hot sterilized pint jars, cover to the brim with syrup and seal. Makes about 6 to 8 quarts.

SWEET GHERKINS

- | | |
|---|-------------------------------------|
| 2 cups salt | 2 tablespoons whole allspice |
| 1½ quarts boiling water | 1 tablespoon celery seed |
| 2 quarts tiny cucumbers (gherkins) | 2 sticks cinnamon |
| 2 quarts vinegar | 2 tablespoons whole cloves |
| 2 pounds sugar | ½ cup mustard seed |

Dissolve salt in boiling water and soak gherkins in this for 24 hours, then drain. Heat vinegar to boiling and cover gherkins with it, let stand 24 hours. Drain. Mix the vinegar with sugar and spices and boil 5 minutes. Pack pickles into hot sterilized jars. Cover with boiling syrup. Seal.

* * *

If you like sweet pickles, this Nine-Day Wonder is really worth the trouble:

NINE-DAY WONDER PICKLES

74 3-inch cucumbers

4 quarts water

2 cups salt

1½ teaspoons alum

6 cups vinegar

8 cups sugar

1 ounce cassia buds

1 ounce celery seed

**Whole cinnamon sticks
and allspice**

Wash and cut cucumbers lengthwise. Bring salt and water to a boil, and when cool pour over cucumbers and let stand 4 days. Drain, cover with boiling water and let stand 24 hours. Drain, and again cover with boiling water in which the alum has been dissolved and let stand 24 hours. Make a syrup of 5 cups of the sugar and remaining ingredients and pour over drained cucumbers. For 2 successive days, drain off this syrup, add another cup of sugar, bring to a boil, and pour over the pickles. The last day, drain, add a cup of sugar, bring syrup to boiling point, strain it over the pickles, which meanwhile have been packed into hot sterilized jars, and seal. Makes about 12 to 14 pints, depending on the size of the pickles.

RING PICKLES

3 dozen 5-inch cucumbers,

1 ½-inch diameter

6 quarts water

4½ cups salt

Vinegar

Grape leaves

2½ pounds brown sugar

3 pints vinegar

1 ounce stick cinnamon

Put whole cucumbers into large dishpan of water in which 2 cups of salt have been dissolved and let stand 3 days. Change the brine each day, and weaken it. The first change add 1½ cups salt to the fresh water, the second, 1 cup salt, and next day slice the cucumbers crosswise about ½ inch thick, put into kettle with liquid to cover them, made of ½ water and ½ vinegar and a few grape leaves to keep them green. Simmer for 2 hours and drain. Make a syrup of sugar, vinegar and cinnamon (tied in bag), and when it boils, pour over the cucumber sections and let stand overnight. Drain off the syrup in the morning and again bring it to a good boil, still with spice bag, and repeat the process for 3 days. On the third day, the centers should loosen and come free, leaving the rings firm and well flavored. Pack into hot sterilized jars and seal.

SWEET CUCUMBER SLICES

3 quarts cucumbers,

washed and sliced

3 onions, sliced or

chopped

2 seeded green peppers,

sliced or chopped

(optional)

½ cup salt

1 quart vinegar

4 cups sugar

1 teaspoon whole cloves

1 tablespoon mustard

seed

6 slices fresh horseradish

root

Mix vegetables with salt and let stand 3 hours. Bring vinegar, sugar and spices to a boil and boil 5 minutes. Drain vegetables and pack into hot sterilized pint jars with 1 stick horseradish in center of each jar. Fill to the brim with syrup; seal. Makes 6 pints.

SENFURKEN GERMAN RIPE CUCUMBER PICKLE

12 large, ripe cucumbers	1 tablespoon whole cloves
½ cup salt	1 stick cinnamon
4½ cups water	6 cups sugar
2 tablespoons mustard seed	1 quart vinegar

Wash and peel cucumbers, cut into strips and scrape out seeds with a spoon. Dissolve salt in water and add cucumbers and let stand overnight. Put spices into a bag, add to sugar and vinegar and bring to a boil. Drain cucumbers, put into syrup and boil until cucumbers are transparent. Remove them with a ladle, pack into hot sterilized jars and fill with boiling syrup and seal. Makes about 6 pints.

CURRY CUCUMBER PICKLES

50 medium cucumbers (about 1 gallon)	½ cup mustard seed
7 tablespoons salt	1 tablespoon celery seed
1 quart vinegar	1½ tablespoons curry powder
2 pounds sugar	

Wash and slice cucumbers ¼ inch thick, add salt and water barely to cover them. Let stand 5 hours. Drain. Make syrup of remaining ingredients and add cucumber slices. Heat to boiling and put into hot sterilized jars and seal while hot. Makes about 7 quarts.

MANGO CUCUMBERS

**Large green very ripe
cucumbers**

1 cup salt

4 quarts water

Ice

Filling

**2 quarts watermelon rind,
peeled and diced**

2 sweet peppers, chopped

3 onions, chopped

**½ pound seeded raisins,
chopped**

**2 lemons, juice and grated
rind**

**1 orange, juice and grated
rind**

1 tablespoon salt

2 cups white corn syrup

2 teaspoons ginger

**½ teaspoon cayenne
pepper**

Syrup

3 cups vinegar

1 cup sugar

Green vegetable coloring

Cut tops from cucumbers and scoop out centers. Put tops and hollowed cucumbers into salt and ice water for 24 hours. Prepare a sweet pickle by simmering the ingredients listed under "filling," until the rind is clear and tender, stirring frequently to avoid burning. Drain and dry cucumbers, fill with sweet mixture, replace tops and tie with string. Bring vinegar and sugar to a boil and cook stuffed cucumbers 2 minutes. Add coloring. Place the mangos upright in hot sterilized quart jars, fill to overflowing with syrup again heated to a boil, and seal. Allow to ripen 8 weeks before using. If desired, Watermelon Rind Pickles and Pepper Relish or Mustard Pepper Relish may be mixed to taste and used instead of the filling designated above (see recipes). Red or green peppers, green tomatoes and unripe cantaloupe may be stuffed and pickled in this same way.

IDAHO ICEBERG CHUNKS

6 pounds cucumbers

Ice

6 onions

Small bunch celery

3 quarts white vinegar

3 cups sugar

1 cup salt

2 ounces mustard seed

Wash cucumbers and cut into chunks; cover with ice cubes for 3 hours in refrigerator. Drain. Slice onions and celery. Mix vinegar, sugar, salt and mustard seed, and boil 3 minutes. Fill hot sterilized jars with cucumbers and about $\frac{1}{4}$ cup each of celery and onions and fill to overflowing with boiling syrup and seal. Makes about 5 or 6 quarts. Let ripen 8 weeks.

SIMPLE SOUR PICKLES

Cucumbers of equal size

Ice

5% salt solution (1 cup

salt to 1 gallon water)

Vinegar

Wash cucumbers, put into large dishpan and cover with iced salt solution. Let stand 24 hours. Drain and cover with vinegar and water, half and half solution. Let stand 3 days. Drain off solution and pack cucumbers into hot sterilized quart jars. Bring enough fresh, pure vinegar to a boil to fill jars to overflowing and seal. Let stand 6 to 8 weeks before using. Spices, red-hot peppers or garlic may be added to the boiling vinegar, if desired.

CUCUMBER OIL PICKLES

½ cup salt	⅓ cup mustard seed
1 quart water	1 teaspoon celery seed
4 quarts sliced cucumbers	1 teaspoon peppercorns
1½ cups cider vinegar	½ cup olive oil
½ cup sugar	

Dissolve salt in water and pour over cucumbers in large mixing bowl. Weight cucumbers to keep under brine and let stand overnight. Drain cucumbers, cover them with fresh water and heat to boiling point. Drain and put into hot sterilized jars. Heat vinegar, sugar, spices and oil to boiling point, stir until sugar is dissolved, and pour over pickles, filling jars to brim. Seal immediately. Makes about 6 pints.

MUSTARD CUCUMBER OIL PICKLES

12 cucumbers	2 tablespoons peppercorns
6 onions	1 ounce celery seed
2 ounces dry mustard	Salt
2 quarts cider vinegar	1 pint olive oil

Wash cucumbers and onions, slice into large dishpan and sprinkle salt between layers of slices. Cover with cheesecloth and weight. Let stand overnight and then drain. Mix the seasonings into oil and slowly pour into vinegar, stirring until all is dissolved. Pack drained pickles into hot sterilized jars; heat liquid to boiling point but do not boil, and pour into jars to the brim. Seal. Let ripen 8 weeks or more before using.

* * *

The following is for a kitchenette cliff-dweller—no cooking. However, this particular pickle does not keep too well. Let ripen 4 weeks and then eat it up.

CUCUMBER OLIVE PICKLES

50 medium cucumbers	1 tablespoon ground black pepper
1 pint white onions	½ cup mustard seed
1 cup dairy salt	1 cup olive oil
½ cup celery seed	Vinegar

Wash and slice cucumbers and onions very thin, sprinkle with salt and let stand overnight. In the morning, drain carefully. Mix rest of ingredients except vinegar, stir together well, and add to drained pickles. Pack into hot sterilized jars and fill to brim with cold vinegar. Seal.

DANISH PICKLES NO. 1

Large cucumbers, green or ripe	White onions
Salt	Vinegar
	Red hot peppers

Peel cucumbers, cut lengthwise. Scrape out seeds and discard them. Cover cucumbers with salt and let stand overnight, covered. Drain and dry off between clean towels. Take enough to fill bottom of kettle, cover with vinegar and boil 3 minutes. Repeat until all are done, using same vinegar. Drain. Take fresh vinegar—enough to more than cover pickles. Measure it and use ½ that amount of sugar. Mix and stir over heat, add onions whole or sliced, depending on their size, and boil hard for 5 minutes. Use either a stone crock, well washed out with boiling water, or hot sterilized jars. Put in one or more red hot peppers, add cucumbers, onions and hot vinegar to cover. Cool and seal. Keep crock in cool spot and let ripen 4 to 6 weeks before using.

DANISH PICKLES NO. 2

About 50 medium-sized
cucumbers

Dairy salt, as required

2 pounds small white
onions

2 cups vinegar

2 cups sugar

2 cups water

A few red hot peppers

Bay leaves

Dill heads

Peel cucumbers, cut lengthwise. Remove seeds with a spoon and place cucumbers side by side in a large dishpan. When bottom is full, sprinkle with salt and repeat in layers, until finished. They will settle a lot in a short time. Let stand overnight. Peel and slice onions, and salt separately. In the morning, drain cucumbers and spread them out between clean towels to dry. Meanwhile bring vinegar, sugar and water with peppers and a few bay leaves to a boil and add cucumbers, not too many at a time, and boil them until they slip off a fork when tested and have a somewhat transparent look, but are not soft. Remove them with a perforated ladle and put them into hot sterilized jars, with a sprig of dill and some onions which have been drained in each jar. When finished, pour the remaining liquid into jars to overflowing and seal. This is a delicious and unusual pickle.

CUCUMBER CATSUP

1 cup vinegar

2 tablespoons salt

½ cup sugar

1 teaspoon black pepper

1 teaspoon celery seed

1 teaspoon mustard
seed

1 red hot pepper, sliced
in pod

1 quart grated
cucumbers

Heat vinegar with salt, sugar and pepper. Mix the seeds and hot pepper pod with grated cucumber and its juice, and stir into hot vinegar. Pour immediately into hot sterilized jars or bottles and seal.

CUCUMBER RELISH

2 red peppers
2 green peppers
12 cucumbers
6 onions
½ cup salt
Vinegar

Remove seeds from peppers, from cucumbers too, if they are large ones, peel onions and put all of them through food chopper. Add salt, mix well and put into a jelly bag and let drain overnight. Fill hot sterilized jars $\frac{3}{4}$ full of relish and completely fill jars to brim with vinegar which has been brought to boiling point, but not boiled. Stir jars to release air pockets. Seal.

RIPE CUCUMBER RELISH

12 large, ripe cucumbers	2 tablespoons mustard
4 green peppers	seed
4 onions	½ teaspoon celery seed
½ cup salt	1 tablespoon peppercorns
1 cup grated horseradish	1 pint vinegar (about)

Peel cucumbers and remove large seeds. Put vegetables through food grinder; drain and squeeze out juice. Add horseradish and spices and mix with vinegar. Pour into hot sterilized jars and seal.

CUCUMBER HOT DOG RELISH

¾ cup salt	2 ground sweet peppers
1½ quarts water	1 quart white vinegar
5 cups ground cucumbers	2 tablespoons mustard
3 cups ground celery	seed
3 cups ground onions	2 tablespoons celery seed
2 ground red hot peppers	

Make a brine of salt and water and add mixed vegetables. Let stand overnight. Drain. Heat remaining ingredients, add the drained vegetables and bring to a boil, then reduce heat and simmer 10 minutes. Pour into hot sterilized jars and seal. Makes about 5 pints.

CUCUMBER KRAUT

8 or 10 large cucumbers	2 tablespoons mustard
9 large onions	seed
3 or more sweet peppers,	¼ cup salt
red and green	2 cups vinegar
2 cups sugar	3 or 4 cassia buds
2 tablespoons celery seed	

Wash cucumbers and put through food chopper with onions and peppers. If cucumbers have too large seeds, remove them before grinding. Mix vegetables with salt and let stand 5 hours or overnight. Drain well, pressing out all liquid, mix with remaining ingredients and heat to the boiling point. Do not boil. Pour into hot sterilized jars and seal. Cassia buds come from a spice store, or may be ordered through a druggist. I prefer this kraut with peppers omitted; both ways produce an excellent relish.



And now we come to dill pickles. Nearly everybody likes dill pickles. There are various kinds of dills: some with garlic, some without, some spiced, some sweet, some mild and some strong, and all of them uncooked and simple to make. Try some of each. Green tomatoes can replace cucumbers in any of these recipes. Grape leaves or leaves from a sour cherry tree added to jars or crocks of dill pickles help to retain the fresh green color of the cucumbers. So if either are handy, use some in each jar to keep your pickles from turning brown.

OLD-FASHIONED DILL PICKLES

12 pounds freshly picked small cucumbers, with a bit of stem left on	4 peeled cloves garlic (if desired)
Fresh dill heads and stems	Fresh grape leaves
4 tablespoons mixed	2 cups vinegar
pickling spices	2 cups salt
	8 quarts water

Use a 4-gallon crock or container, and after washing and draining cucumbers put into crock in layers with dill (and spices, if they are being used). Cover top with grape leaves and add vinegar, salt and water already mixed. Weight down cucumbers and grape leaves under the brine and cover. Keep in a cool spot. Remove scum daily until fermentation ceases. It takes from 4 to 8 weeks; test one pickle by cutting in half. It should be transparent clear through with no white flesh remaining. When done, pack tightly into hot sterilized quart jars and bring brine to a boil, with or without spices, and cover pickles to overflowing. Add a fresh bit of dill to each jar and seal.

DILL PICKLES

Small cucumbers

Ice

Water

Salt

Dill

Vinegar

Wash cucumbers and let soak 24 hours in ice water with $1\frac{1}{2}$ cups salt to a scant gallon of water. In the morning, pack pickles into hot sterilized 2-quart jars, alternating cucumbers and dill, finishing with dill on top. Make a brine solution with 4 quarts vinegar, 1 quart water and $\frac{1}{2}$ cup salt, and boil it 5 minutes. Cool and pour over pickles to overflowing. Seal.

SWEET DILL PICKLES

**12 pounds medium-sized
cucumbers**

Ice water

1 bunch celery

3 green peppers, seeded

6 white onions

1 large bunch dill

2 quarts vinegar

$1\frac{1}{2}$ cups salt

9 cups sugar

3 cups water

Wash cucumbers and soak overnight in ice water. Wash celery, peppers and onions, slice into strips and put some of each, with 2 dill heads, into each hot sterilized jar, with cucumbers which have been sliced lengthwise into eighths. Pack vegetables tightly into jars. Boil vinegar, salt, sugar and water for 3 minutes and pour over vegetables to overflowing; seal immediately. This makes about 11 or 12 quarts. Let stand 8 weeks before using.

DILL AND GARLIC PICKLES

20-25 dill-sized cucumbers

Alum

Peeled garlic cloves

Fresh dill

Hot peppers, if desired

1 quart vinegar

3 quarts water

1 cup salt

Wash cucumbers and soak overnight in cold water. Pack cucumbers into hot sterilized quart jars and add $\frac{1}{8}$ teaspoon alum to each jar, 1 or 2 cloves of garlic and 2 heads of dill, and 1 red hot pepper, if desired. Bring vinegar, water and salt to a boil and fill jars to overflowing and seal. This is a rather mild brine. It makes 6 or 8 quarts, depending on size of cucumbers. Allow to ripen 8 weeks before using.

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CURRENTS

Currents are no longer easy to get, as many States have outlawed them because they are host to the Red Rust disease of the White Pine. But they still flourish here and there, and currant jelly and Bar-le-Duc are a must on every pantry shelf. Bar-le-Duc is not easy to make, and I offer three ways of doing it. A beautiful product, with evenly distributed currents in a soft but not runny jelly, depends on the currents as well as on the cook, but I can guarantee they will all taste good.

BAR-LE-DUC NO. 1**4 cups currants****3 cups sugar**

Wash and stem currants and put into a flat pan with a little water to prevent their sticking. Simmer 5 minutes, and then add 1½ cups sugar, stirring gently to dissolve it, and then boil slowly 5 minutes. Add remaining sugar and boil rapidly 5 minutes. Let stand until cold, then skim out the currants and boil syrup rapidly almost to jelly stage. Distribute currants evenly after jelly is poured into hot sterilized glasses, and seal.

BAR-LE-DUC NO. 2**4 quarts red currants****2½ pounds sugar****Pinch of salt**

Wash and pick over currants, reserving 1 pint large perfect berries. Mash and cook currants as for jelly, straining juice to have 1 quart. Cook juice 5 minutes, add sugar, stirring well, and, when boiling, drop in the pint of whole currants. Cook until currants look transparent and juice is almost, but not quite, thick enough to jell. It should be soft but not liquid. Pour into hot sterilized glasses and seal with paraffine when cool.

BAR-LE-DUC NO. 3**1 pound large red currants****1½ pounds sugar****1 cup water**

Wash and stem currants and remove seeds by gently poking them out with an old-fashioned pointed pen, or a darning

needle, saving the juice. Make a syrup of sugar and water and juice lost from currants and boil 1 minute, add currants; bring to a boil again and boil 1 minute. Let stand overnight and in the morning, if still too soft, boil hard 1 minute, cool and let stand several hours. Pour into hot sterilized glasses and distribute fruit evenly. Seal when cool.

BLACK CURRANT JAM

6 pounds black currants

3 pints water

9 pounds sugar

Wash and stem currants and put into kettle with water; bring to a boil, stirring constantly, and let boil 10 minutes. Add sugar, stir until dissolved, and allow to boil 15 to 20 minutes, at which point it should jell when tested. Pour into hot sterilized glasses and allow to set until hard. Seal in 48 hours.

CURRANT JELLY

Currants

Water

Sugar

Wash currants, they need not be stemmed, and mash a few bunches in the bottom of kettle. Add just enough water for liquid to cover bottom of kettle, and cook until berries are soft and mushy and quite white in color. Drain in jelly bag until it ceases to drip. Measure juice, and after heating it to a good simmer add $\frac{3}{4}$ as much sugar as juice and boil rapidly to jelly point. When jelly test is reached, pour into hot sterilized jars and seal. Currant jelly must be tart. If the currants are mostly ripened, use a bit less than the usual $\frac{3}{4}$ cup sugar per cup of juice.

CURRENT AND RASPBERRY JELLY

Raspberries

Currents

Sugar

Have twice as many raspberries as currents. Wash and sort berries, put into kettle and mash. Cook until pulpy with no water added, unless it seems desirable to add a little to start the juice. Strain through jelly bag and measure juice. Bring to boil and boil 5 minutes, then add equal cups of heated sugar and boil 3 minutes, or until jelly test is reached. Fill sterilized glasses and let stand overnight. Seal next morning with paraffine.

CURRENT CATSUP

5 pounds red currents

3 pounds brown sugar

1 pint vinegar

½ teaspoon salt

2 tablespoons cinnamon

1 tablespoon cloves

1 tablespoon allspice

1 teaspoon black pepper

Wash and mash currents and boil all ingredients together 1 hour. Put through food mill to remove seeds, heat again and pour into hot sterilized bottles or jars and seal. Makes 6 to 7 pints.

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EGGS

Pickling eggs seems old-fashioned these days, but in the middle West one still is occasionally served with Steak and Pickled Eggs, and one meets them in Paris bars now and then, so when eggs are plentiful have a go at a couple of dozen and see if you like them.

PICKLED EGGS NO. 1

12 eggs	1 tablespoon cloves
1 quart cider vinegar	1 tablespoon green
1 tablespoon whole	ginger root, minced
allspice	1 teaspoon salt
1 tablespoon peppercorns	

Simmer eggs in shell from 15 to 20 minutes in water to cover, and plunge into cold water immediately. This helps prevent the dark ring forming between yolk and white of egg; it also makes shelling easier. Bring vinegar and seasonings to a boil and simmer 10 minutes. Put shelled eggs into a hot sterilized wide-mouthed jar and strain hot liquid over them. Cool and seal. Keep in a cool place.

PICKLED EGGS NO. 2

8 eggs	½ teaspoon salt
32 whole cloves	½ teaspoon pepper
1 pint white vinegar	Celery seed, cinnamon, or
1 teaspoon dry mustard	any other desired spice

Hard cook eggs, and shell as in above recipe. Stick 4 cloves into each egg. Bring vinegar to a boil. Make a paste of mustard and seasonings with a little hot vinegar. Add to boiling vinegar and stir until smooth. Drop the eggs into this just one minute. Lift out eggs and fit into hot sterilized jars, cover with boiling liquid. Seal. Let stand at least 4 weeks before using.

16**ELDERBERRIES**

These handsome native shrubs have long been the bounty of the wayside from New England to Texas. The blossoms as well as the berries are used by the initiated (unfortunately not both in the same season!). Of recent years, the elderberry has been cultivated so the berries are much larger, and many nurseries now carry it for home planting. It is extremely ornamental as well as useful.

During the years of Prohibition, Elderberry Blossom Wine, to my mind, was as pleasant a drink as ever was concocted by any winebibber. The berries, too, are said to produce a good cordial, though that I have never sampled; but here we are only concerned with the following:

ELDERBERRY JAM

Elderberries

Sugar

Vinegar

Water

Wash and stem elderberries, and measure 4 cups to a quart. Put into kettle and mash to start juice, using a little water if necessary. To each quart of berries add 2 tablespoons cider vinegar and 3 cups of sugar; add when juice has started to boil and stir frequently, boiling until it starts to thicken. Continue stirring until mixture reaches desired thickness, then pour into hot sterilized glasses and seal when cool. Personally, I prefer this as a soft jam, to spread easily on French Toast or sandwiches.

SPICED ELDERBERRY JAM

**2 quarts elderberries,
very ripe**

2 quarts wild grapes

¼ cup water

1 cup vinegar

1 pound sugar

1 teaspoon allspice

1 teaspoon cinnamon

1 teaspoon ground mace

1 teaspoon ground cloves

½ teaspoon salt

Wash and stem elderberries and put through food mill to remove the seeds. Wash and stem grapes, mash and put with water, cooking until seeds come away. Put through food mill. Mix the fruits (it should measure about 1 quart pulp). Add vinegar, sugar and spices, and cook, boiling rapidly, until jam is thick and clear. Stir frequently to prevent burning. Pour into hot sterilized glasses and seal when cold. Makes about 4 pints.

ELDERBERRY JELLY

Elderberries

Vinegar

Sugar

Pinch of salt

Wash and stem berries and crush in kettle to start juice, cooking until mushy. Strain juice through jelly bag, or fine sieve if desired; elderberries do not produce a clear jelly. To each cup of juice add 1 cup sugar, and to every 3 cups of juice, add 1 tablespoon of vinegar or lemon juice and maybe $\frac{1}{2}$ teaspoon of salt. Boil rapidly until jelly test is reached. Pour into hot sterilized glasses and seal when cool.

ELDERBERRY CRAB APPLE JELLY

Elderberries

Sugar

Crab apples

Salt

Wash and crush elderberries in kettle until juice flows and cook, covered, about 10 minutes. Put into jelly bag and squeeze out the juice, as elderberries do not make a clear jelly. Wash and cut up crab apples and add 1 cup of water to each pound. Put into kettle and simmer, covered, until mushy, about 20 minutes. Put into jelly bag and squeeze or drain. Measure juice from both bags into kettle, using 1 cup apple juice to 2 cups elderberry juice, and boil 5 minutes. Add equal measure of sugar, pinch of salt, and stir until it dissolves. Cook rapidly until jelly test is reached. Pour into hot sterilized glasses and seal when cool.

The pulp in jelly bags may be put through food mill and made into Elderberry-Crab Apple Butter. (See Fruit Butter, page 7.)

SPICED ELDERBERRIES

- 4 quarts elderberries**
- 1 teaspoon whole cloves**
- 1 tablespoon allspice**
- 3 sticks cinnamon**
- 2 cups cider vinegar**
- Juice of $\frac{1}{2}$ lemon**
- 6 cups brown sugar**

Wash berries and drain. Tie spices into a bag and boil with vinegar, lemon juice and sugar 5 minutes and let cool. Put berries into cooled vinegar and let simmer until soft. Let stand overnight. Strain the berries out and pack into hot sterilized jars. Boil syrup until it thickens a little, remove spice bag, and pour boiling hot syrup over the berries and seal.

Blueberries may be treated this same way.

ELDERBERRY CONSERVE NO. 1

- 1 quart elderberries**
- Peel of 3 oranges**
- 3 cups water**
- 2 cups sugar, or more if
desired**
- 1 tablespoon lemon juice**

Wash and strip elderberries until you have 1 quart. Scald and scrape white membrane from orange peel and put peel through food chopper and put into water overnight. In the morning, bring the peel to a boil, stir in the sugar and berries and lemon juice and cook until thick. Pour into hot sterilized glasses and seal.

ELDERBERRY CONSERVE NO. 2**1 quart elderberries****1 lemon****12 tart apples****5 cups sugar****3 oranges**

Wash and stem berries. Cook washed and cut-up apples in a little water until mushy, and put through food mill. Grate the rind of 1 orange and the lemon and put pulp through food chopper. Mix berries, apples, citrus pulp and grated rind with sugar and bring to a boil. Stir and cook until clear and thick, probably about 30 minutes. Pour into hot sterilized glasses and seal when cool.

17**FIGS**

For ripe figs, look at the subtropical chapter, page 216, but if, as has happened to me, a friend sends you a luscious box of mixed dried fruits from California and no one eats the figs, the recipe below will help you conserve them.

DRIED FIG CONSERVE**1 pound dried figs****1 cup orange juice****2 apples****2½ cups sugar****Juice of 1 lemon****½ teaspoon salt****2½ cups water****½ cup chopped nuts, if****Grated rind of 1 lemon****desired****Grated rind of 1 orange**

Wash and stem figs, and with peeled and cored apples put through food chopper. The lemon juice added to the fruits will help keep figs from sticking to grinder. Put into kettle with water and rind and boil 10 minutes. Add orange juice, sugar and salt, reduce heat and simmer about 40 minutes, stirring frequently. Skim off fig seeds as they come to the top while simmering. When a good consistency, add nuts, pour into hot sterilized glasses and seal when cool. Makes about seven or eight 6-ounce glasses.

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GINGER

One of the many categories into which tastes can be divided is a prejudice for or against the flavor of ginger. People either like or dislike it in a big way. Personally, I'm very fond of it, and have even tried to grow ginger in my Connecticut garden. However, I find it is less trouble to drive to the nearest large town with a Chinese restaurant and ask the proprietor to order fresh green ginger root for me from his supply man. Fortunately, with most mixed recipes for conserve and chutney, preserved or candied ginger may be used as successfully as the green root, so you need not trouble going to Chinatown unless you long for the fun of such an excursion.

GINGER MARMALADE

- | | |
|------------------------------|------------------------------|
| 4 pounds sugar | 4 lemons, grated rind |
| 1 pint water | and juice |
| 1 ounce finely shaved | 4 pounds Mackintosh |
| ginger root | apples, peeled and |
| | chopped |

Make a syrup by boiling sugar and water together for 3 minutes, add remaining ingredients and simmer until thick and clear. Pour into hot sterilized glasses and seal when cold. This makes a jam of unusual flavor and interest.

GINGER AND QUINCE BUTTER

- | | |
|--------------------------------|-------------------------------|
| 2 small roots, grated | 1 whole orange, cut up |
| or | 1 whole lemon, cut up |
| 3 tablespoons preserved | 1 cup water |
| ginger | 3 cups sugar |
| 1 large quince, cubed | |

Put fruit through food chopper, or put into a blender with water and blend 2 minutes. Put all ingredients into kettle and bring to a boil, stirring frequently, and cook until thick. I like this butter rather soft, to use on waffles and pancakes. Pour into hot sterilized glasses and seal when cool. Makes four to six 6-ounce glasses.

19

GOOSEBERRIES

All old-fashioned gardens contained gooseberries, but they are rather out of favor nowadays. These recipes date back some years, and I well remember the English cook book from which one of them is taken, which starts all gooseberry recipes with: "Top and tail berries . . ." That phrase alone should be enough to make one want to go to market immediately to buy some.

GOOSEBERRY JAM

Ripe gooseberries

Sugar

Water

For each pound of washed and stemmed berries, use 1 pound sugar and $\frac{1}{2}$ pint of cold water. Make a syrup of sugar and water by boiling 15 minutes. Add berries and boil slowly, until thick and jelly-like. Pour into hot sterilized glasses and seal when cold.

GOOSEBERRY AND LOGANBERRY JAM

3 cups gooseberries

1 cup loganberries

4 cups sugar

Pinch salt

Wash berries and crush about $\frac{1}{4}$ of them in kettle. Add remaining berries, and when hot add sugar and stir until sugar melts. Boil rapidly until jelly test is reached, about 15 minutes. Pour into hot sterilized glasses and seal.

GOOSEBERRY JELLY

**2 quarts underripe goose-
berries**

Water

Sugar

Wash and stem berries and crush in bottom of kettle. Cover with cold water and bring to a boil, then simmer until soft and pulpy. Strain through jelly bag. Measure equal cups of juice and sugar and cook quickly until jelly test is reached. Pour into hot sterilized glasses and seal.

GOOSEBERRY PRESERVES

1 quart gooseberries

$\frac{1}{2}$ cup water

3 to 4 cups sugar

Wash and stem berries and put into kettle with water. Bring to a quick boil, then add sugar and cook quickly until berries

are clear and syrup is thick. The amount of sugar depends on taste and ripeness (or sweetness) of gooseberries. Pour into hot sterilized glasses and seal when cool.

GOOSEBERRY CONSERVE

- 6 cups ripe gooseberries**
- 1 orange**
- 1 cup raisins**
- 4 cups sugar**

Wash and stem berries. Grate orange peel and chop pulp. Mix all ingredients and bring to a boil, stirring until sugar is dissolved. Boil rapidly until thick and juice will jell. Pour into hot sterilized glasses and seal when cold.

GOOSEBERRY CHUTNEY

- | | |
|---|---|
| 1 quart underripe goose-
berries | 2 tablespoons powdered
ginger |
| 3 onions | 1 cup tightly packed
brown sugar |
| 1½ cups raisins | 1 pint cider vinegar |
| 1 tablespoon salt | |
| 2 tablespoons powdered
mustard | |

Wash and stem berries; put peeled onions and raisins through food chopper and mix all ingredients in kettle and simmer until thick. Pour into hot sterilized glasses and seal.

20

GRAPEFRUIT

Citrus fruit is as much at home, and quite as reasonable in price, in Northern markets as in the States where it grows. The peel of all citrus is, to my mind, particularly good and useful in many desserts and cakes. Sometime, instead of throwing out the grapefruit skins, preserve or candy them.

PRESERVED GRAPEFRUIT PEEL

4 large grapefruit skins	¼ cup preserved ginger,
1½ cups water	chopped
3 cups sugar	12 whole cloves
½ cup vinegar	2 sticks cinnamon
	¼ teaspoon salt

Scrape white membrane from scalded peels. Cover with boiling water and boil until tender. Change water once during that time, about 40 minutes. Drain and cut into strips. Make a syrup from remaining ingredients, add peel and cook until thick. Seal in hot sterilized glasses. This makes about 2 pints. (See "Oranges," page 132, for candied peel recipe.)

GRAPEFRUIT MARMALADE

Large grapefruit

Water

Sugar

Lemon juice

Wash and slice grapefruit very thin, and measure. Add 3 times as much water as fruit, and boil until tender. If water boils away, add more. Measure fruit, and to each 2 cups add $1\frac{1}{2}$ cups sugar and boil until syrup thickens. Add 2 tablespoons lemon juice to it and boil again until it tests for jelly. Pour into hot sterilized glasses and let stand overnight. Seal.

RAISIN GRAPEFRUIT CONSERVE

**$1\frac{1}{2}$ cups prepared grape-
fruit peel**

4 cups shredded carrots

4 cups water

$\frac{1}{2}$ cup grapefruit juice

$\frac{1}{4}$ cup lemon juice

4 cups sugar

Lemon peel

1 cup seedless raisins

**$\frac{1}{2}$ cup chopped walnut
meats**

Prepare peel by scalding and scraping out white membrane. Cut into thin strips. Boil carrots, grapefruit peel and water together for 10 minutes. Add juices, sugar and whole lemon peel, stir well and boil 30 minutes. Remove lemon peel, add raisins and boil 5 minutes more. Stir in nuts and seal in hot sterilized glasses. Makes about six 6-ounce glasses.

21

GRAPES

If one is not susceptible to poison ivy, the best grapes for jelly are to be found along the country roadsides, free for the picking. The wild grapes have a rich, tangy flavor which the sweeter, cultivated varieties have lost. To my taste, all grape products are good, and many's the night I've been in the kitchen until long after midnight putting up grapes brought to me by friends who could not use all theirs and were not willing to let them spoil on the vines. That will happen to you, too, if people know you are particularly fond of a certain fruit or vegetable; their surplus will come to your kitchen door, and a lot of fun it is, too, to spread out the recipes, wash the jars and get busy.

The juice from cultivated slipskin grapes, such as Concords, requires extra treatment to prevent the formation of cream of tartar crystals (potassium acid tartrate) in the jelly. These are harmless in themselves, but give a gritty texture to the jelly. The easiest way to prevent this is to leave the juice in the refrigerator overnight, or in a cool place, and in the morning dip it out carefully, not disturbing the sediment containing the acid crystals on the bottom and the sides of the bowl. Re-strain the juice, and proceed as usual with jelly-making.

GRAPE JAM

2 pounds stemmed grapes

1½ pounds sugar

½ teaspoon salt

Wash grapes, slip pulp from skins, put pulp into kettle and cook until soft and seeds loosen. Put through food mill and grind skins in food chopper. (They may be left whole if desired.) Put all ingredients together and boil quickly until thick, stirring to prevent burning, and pour into hot sterilized glasses and seal.

GRAPE JAM WITH BRANDY AND SPICES

**6 pounds Concord grapes,
stemmed**

Juice of 4 oranges

**Grated peel of 1 or 2
oranges**

Juice and rind of 2 lemons

**3 teaspoons ground
cinnamon**

3 teaspoons ground cloves

**3 teaspoons ground all-
spice**

6 pounds sugar

1 pound seedless raisins

**3 tablespoons cider
vinegar**

**2 cups walnut meats, or
hazelnuts, chopped**

**1 cup Sherry or Port, or
any sweet, fortified wine**

Brandy

Wash grapes, slip pulp from skins and cook pulp until seeds loosen. Put through food mill and put pulp, skins, juices, peels and spices into sugar, raisins, and vinegar and stir well. Bring to a slow boil, stirring often, and cook until slightly thick. Add wine and simmer 5 minutes. Add nuts and stir well. Pour into hot sterilized glasses. Stir 1 or 2 tablespoons good Brandy into each pint before sealing.

AMBER GRAPE MARMALADE

5 pounds Concord grapes
(or any slipskin variety)

6 cups sugar

3 pounds tart cooking
apples

$\frac{3}{4}$ cup water

Grated rind of 1 lemon

Wash grapes and slip skins from them, discarding the skins. Cook pulp over low heat until seeds loosen, about 5 minutes. Put through food mill, add sugar and let stand. Wash and cut up apples, cook with water until soft and mushy, put through food mill and add to grapes with lemon rind; bring to a boil quickly and cook until thick. Pour into hot sterilized glasses and seal when cool. Makes about six 4-ounce glasses.

GRAPE BAR-LE-DUC

1½ pounds Tokay, or any
other tight-skinned
grapes

2 cups honey

Several slices of lemon

Wash and stem grapes and cut in halves to remove seeds. Heat the honey slowly until it is simmering, add grapes and let them simmer 5 minutes, then skim out the grapes and put them into hot sterilized jars to half-way mark. Add 2 or 3 slices of lemon to each jar. Boil honey until it is fairly thick, pour over grapes and seal while hot. This makes a soft syrupy sauce, good with waffles, puddings or hot biscuits.

GRAPE CONSERVE NO. 1

- | | |
|------------------------------------|-----------------------------------|
| 4 pounds ripe Concords | 1 cup seedless raisins |
| 1 large orange (or 2 small) | 1 teaspoon salt |
| 4 cups granulated sugar | 1 cup chopped walnut meats |

Wash grapes and slip pulp and skins into separate pans, and boil pulp until soft and seeds loosen. Put through food mill. Wash and quarter orange and put through food chopper. To pulp and orange, add remaining ingredients and skins, and boil, stirring often, until thick. When mixture reaches the desired consistency, add nuts, stir well and pour into hot sterilized glasses and seal. Makes about 4 pints.

GRAPE CONSERVE NO. 2

- | | |
|--------------------------------|-----------------------------------|
| 5 pounds Concord grapes | ½ teaspoon nutmeg |
| 5 small oranges | ¾ pound seedless raisins |
| 3 pounds sugar | 1 cup chopped walnut meats |
| ½ teaspoon cloves | |
| 1 teaspoon cinnamon | ½ teaspoon salt |

Wash grapes and slip pulp from skins and put into separate pans. Cook pulp until soft and put through food mill to remove seeds. Wash oranges, cut up and put through food chopper or blender, and combine with pulp, skins and remaining ingredients in large kettle and boil until thick. Stir occasionally to prevent burning. When thick, add nut meats, stir, and pour into hot sterilized glasses and seal while hot. Makes about eight 8-ounce glasses, or 4 pints.

GRAPE JELLY

**Concord grapes, some
unripe**

**Sugar
Water**

Wash and stem grapes, and put into kettle with $\frac{1}{4}$ cup water and mash grapes well. Boil until grapes are soft and pulpy. Put into jelly bag and let drain overnight. Chill juice in refrigerator 6 to 10 hours, and dip it out carefully so as not to disturb sediment on bottom and sides of bowl. Measure by cups and add $\frac{3}{4}$ cup sugar to each cup of juice. Stir until sugar dissolves, and boil rapidly without stirring until jelly point is reached. Skim. Pour into hot sterilized glasses and cool. When set, seal with wax, and cover with lids or waxed paper.

WILD GRAPE JELLY

**Wild grapes
Sugar**

Water

Follow directions for grape jelly, but use equal amounts of juice and sugar.

OLD-FASHIONED GRAPE JELLY

**12 pounds blue grapes
Sugar**

Pinch of salt

Wash grapes, mash them in kettle and simmer until soft and mushy. Put into jelly bag and let drain 5 hours. Cool juice and let stand in ice water 1 hour. Dip from bowl (see above) using only 5 cups juice at a time, and cook 20 minutes by the clock. Add 5 cups sugar to this and $\frac{1}{2}$ teaspoon salt and stir until dissolved, remove from fire at boiling point, and pour into hot sterilized glasses and let stand until thick. Cover with clean towel. This jelly will seem very thin, but will gradually thicken and have the flavor of the pure ripe grape, which is

somewhat lost by boiling juice with sugar. When the jelly will no longer run when glass is tilted, seal with paraffine.

GRAPE BUTTER NO. 1

Ripe grapes
Sugar
Salt

**Mixed ground spices, if
desired**

Wash and stem Concord, wild, or any slipskin variety grapes and crush into kettle. If they are ripe and juicy, no water need be added. Cook until seeds loosen and rise. Skim out as many as possible and put grapes through food mill. If you want a very fine-grain butter, put through fine sieve before measuring and putting into kettle with 1 cup sugar and $\frac{1}{2}$ teaspoon salt to each 2 cups pulp. Boil rapidly and stir to prevent burning. As it cooks down, lower heat to prevent splattering. When thick, test by pouring a spoonful on a cold saucer. If no rim of liquid separates from the edge of the butter, it is done. Pour into hot sterilized glasses and seal before it cools. If desired, spices may be stirred into this, but to my mind they spoil the flavor of grape.

GRAPE BUTTER NO. 2

4 quarts stemmed grapes
 $\frac{1}{4}$ cup water
8 cups sugar

$\frac{1}{2}$ cup vinegar
**1 tablespoon mixed
ground spices**

Wash grapes and slip off skins; put skins through food chopper and boil 20 minutes with water. Bring pulp to a boil and simmer until soft and seeds loosen and rise. Remove seeds with spoon, or put pulp through food mill. Combine pulp, skins, sugar, vinegar and spices and boil, stirring often, until thick. Put into hot sterilized glasses and seal immediately.

GRAPE CHUTNEY

4 pounds seeded grapes	1 cup lemon juice
4 pounds tart apples, cored	1 clove garlic, peeled and minced
1 pound seeded raisins	1 tablespoon allspice
1 white onion	1 stick cinnamon
1 tablespoon salt	1 tablespoon cloves
7 cups brown sugar	½ teaspoon ginger

Put first four ingredients through food chopper, tie spices in bag and mix everything together. Simmer until thick. Remove spice bag. Pour into hot sterilized jars and seal.

GRAPE CATSUP NO. 1

4 pounds ripe grapes	2 teaspoons whole cloves
1 pound tart apples	4 sticks cinnamon
1 cup water	1 teaspoon salt
2 teaspoons whole all- spice	2 pounds sugar
	1½ cups cider vinegar

Wash and stem grapes. Put into kettle and crush. Boil until soft and seeds loosen. Wash apples, cut up and put into kettle with water and cook covered until soft. Put fruits through food mill and into kettle with spices, tied in a bag, and remaining ingredients. Simmer 20 minutes, or until somewhat thickened. Remove spices. Pour into hot sterilized bottles or jars and seal.

GRAPE CATSUP NO. 2

10 pounds ripe Concord grapes	2 tablespoons cinnamon
4 or 5 pounds sugar	2 tablespoons allspice
1 tablespoon salt	2 tablespoons cloves
2 tablespoons pepper (black or cayenne)	1 quart cider vinegar

Wash and stem Concord and cook whole grapes, mashing well until soft and seeds loosen. Put through food mill and mix with remaining ingredients, boiling slowly until as thick as desired. Pour into hot sterilized bottles or jars and seal. More or less sugar may be used, according to taste.

GRAPE CATSUP NO. 3

5 pounds ripe Concord	1 pound brown sugar
1 tablespoon whole cloves	1 pound granulated sugar
6 sticks cinnamon	1 pint wine vinegar
1 tablespoon whole peppercorns	2 teaspoons salt

Wash and stem grapes and put into kettle and mash. Cook until mushy and seeds loosen. Put through food mill. Tie spices in bag and put with remaining ingredients into kettle with pulp. Boil until thick, stirring to prevent burning. Remove spices, put through fine sieve and pour into hot sterilized jars or bottles, sealing immediately with paraffine.

22

HERBS

Much is being written about herbs these days, but the average housewife knows little about them. Not everybody likes the flavor of many of the herbs which used to be as much a part of good cooking as salt and pepper. If one reads the old cook books, one realizes why so much flavor was necessary. Modern refrigeration has fortunately changed the need for disguising the flavor of slightly spoiled foods, so now herbs are only used because we like them. Everyone has favorites: the flavor of some dish is appealing, and one asks for the recipe, finding that the special something which made all the difference is a simple little herb.

The favorites which I always have in my garden are tarragon, basil, dill, winter savory, and, of course, mint. I personally do not make jelly of any of them except mint, but I do use all of them in vinegars. These do not rightly belong in this book, but they are so good, so expensive to buy and so simple and inexpensive to make, I cannot resist slipping them in alongside the jelly.

APPLE BASE FOR HERB JELLY

5 pounds tart apples, washed and quartered	2 cups fresh herbs, leaves and stems, broken and crushed
1 or 2 cups cold water	

Put all ingredients into kettle and cook until apples are soft and pulpy. Put into jelly bag and let drip overnight.

1 cup apple juice, flavored with any desired herb	2 drops essential oil of desired herb
$\frac{3}{4}$ cup sugar	Vegetable coloring, if desired
2 tablespoons vinegar	

Cook juice, sugar and vinegar rapidly almost to jelly stage. Add vegetable coloring then, if it is being used, boil again to jelly stage. Add essential oil, stir well and pour into hot sterilized glasses and seal. Makes 2 small glasses. This can be made without fresh herbs, and with only essential oil to flavor it, or vice versa. The oil is a stronger flavor.

HERB VINEGAR

Herbs are at their flavorsome best before they blossom. Gather them "with the early morning dew still on them," say the old books, but I prefer to wait until the sun has dried off the dew. Wash and strip the leaves from stems and spread them on wax paper on a cookie tin in a cool oven until the leaves begin to curl. Pack a cup full to overflowing with leaves and use 1 cup to 1 pint of cider vinegar or white wine vinegar; let stand 2 weeks in a sunny window, shaking it once or twice a day.

Then strain vinegar through a fine cloth into a bottle which has been washed and sterilized. Seal.

Vinegar can be made with any combination of herbs one likes, as it is completely a matter of personal taste. A garlic clove may be added to any of the stronger herb vinegars, too, if desired, but care should be taken to remove it in 24 hours, before the garlic flavor overpowers that of the herb.

There are several exceptions to the above rule. When making basil vinegar, the leaves may be allowed to remain in the vinegar for use whenever desired, and the same with tarragon vinegar. Wash off the leaves before using them. I find it preferable to chop the leaves, because the vinegar discolors them, somewhat. For dill vinegar, bruise the dill seeds before adding them to the vinegar. With chives, chop them first.

23

HORSERADISH

Horseradish is so easily grown that everyone should have a few roots in a corner of the garden where it can spread itself around without crowding out any more finicky plants. When roast beef is in the oven, dig up a root of horseradish, scrub it well, and grate it into round white curls on the slaw grater to serve with the beef. Grate it just before serving, or keep it in cold water until needed, as it discolors rapidly. It is also very simple to pickle.

HORSERADISH SAUCE

(PICKLED HORSERADISH)

Wash and scrape freshly dug horesradish roots, and as each one is cleaned, cover with cold water to prevent discoloration. Dry the cleaned roots and put through fine knife in food chopper. Fill cooled sterilized pint bottles or jars $\frac{3}{4}$ full of grated root, and to each pint add 1 teaspoon salt, stirring well; then fill jar to top with white malt vinegar, and seal. (Cider vinegar will discolor the roots.) If you own a blender, put cut-up roots into blender with some malt vinegar to start the liquid, and blend until fine. Add salt and more vinegar to taste. It is best to put this into small containers, as it does not keep very well after it is opened.

24

JAPONICAS

(JAPANESE QUINCES)

The jelly made from the fruit of this Asiatic shrub appeals more to one's sense of thrift and experimentalism than of flavor, but it satisfies some native instinct to make decorations pay off in one way or another, and here is one way:

JAPONICA JELLY

Japonica fruit

**Tart apples or ripe
quinces**

Sugar

Lemon juice

Take equal amounts of japonicas and apples or quinces and prepare as for apple jelly. Quarter fruit, cover with water and cook until mushy. Drain in jelly bag overnight. Measure juice, heat to boiling point and simmer 5 minutes. Add an equal amount of sugar and 1 tablespoon lemon juice for each 2 cups of juice; grated rind of lemon may also be added if desired. Boil 10 minutes and test for jelly. When jelly point is reached pour into hot sterilized glasses and seal.

25

KUMQUATS

Like all other citrus fruits, kumquats are now as much at home in the North as in their native lands. Fortunate folk who travel South in the winter often ship baskets of oranges and grapefruit back to their snowed-in friends, and quite unknowingly also send them kumquats, which are tucked into the baskets to fill the corners and lend a decorative touch. Many people continue using them only as decoration, for an untutored bite into a kumquat can scare a person off forever if

one doesn't know it is the whole fruit one eats; alone, the pulp is very sour and acid. The peel is the sweet, desirable part, and very good too. Kumquats make superlative preserves and marmalades.

PRESERVED KUMQUATS

2 quarts kumquats	Sugar
2 quarts water	Honey
2 teaspoons salt	

Wash kumquats and run a long needle through each one twice. Make a brine of salt and water and soak fruit overnight. Drain. Put into fresh water to cover and cook until tender. This does not take long. Measure and set fruit aside. For 2 cups of drained kumquats, take 1 cup sugar and 1 cup honey; add 2 cups water and bring to a boil. When mixture has somewhat thickened, drop kumquats into syrup and simmer until fruit is clear. Let stand 48 hours. Reheat to boiling point and pour into hot sterilized jars and seal.

BETTY'S PRESERVED KUMQUATS AND ALMONDS

1 quart kumquats	½ cup almonds, blanched
1 pound sugar	½ teaspoon salt
1 cup water	

Wash and scrub fruit. Cover with cold water and bring to a boil; meanwhile make a syrup of the sugar and water, adding a pinch of salt. Drain the fruit, put into syrup, and barely day. Reheat, put into hot sterilized jars with blanched almonds, simmer until kumquats are transparent. Let stand until next and seal. Makes about 2 pints.

KUMQUAT MARMALADE

Thinly sliced kumquats

Sugar

Lemon juice

Water

Wash fruit and slice as thin as possible. Remove seeds. Measure by cup into kettle, and almost cover with water; bring to a boil and let simmer 5 minutes. Add an equal quantity of sugar and the juice of $\frac{1}{2}$ lemon to sliced fruit. Boil until thick. Pour into hot sterilized glasses and seal.

SWEET SPICED KUMQUATS

2 pounds kumquats

1½ pounds sugar

1 cup vinegar

1½ pints water

1 teaspoon whole cloves

1 tablespoon whole all-spice

2 sticks cinnamon

Wash and scrub kumquats; make a slit in each one with sharp knife or needle, and remove seeds. Drop into large pot of boiling water and cook until tender. Drain. Meanwhile boil sugar, vinegar and water, and spices which have been tied into a bag, to a medium syrup. Add kumquats and boil until fruit looks transparent and syrup is thick. Cover and let stand overnight. Boil again until kumquats look clear and shiney. Again cover and let stand overnight. In the morning, drain and put cold fruit into hot sterilized pint jars; heat syrup and pour over fruit and seal.

26

LEMONS

Lemons rightly belong in the chapter on Subtropical Fruits, I expect, but as they are to be had in the Northern markets every season of the year, and as lemon juice is often a necessary ingredient, and always a desirable one, in many jellies and chutneys, it seems only right to put them in here.

With all sweet jams and jellies, 1 tablespoon of freshly squeezed lemon juice to each cup of fruit is a standard addition; whether the recipe calls for it or not, I usually put it in if there is a lemon around the kitchen. And there usually is. In making preserves, one or another of the citrus fruits is generally included in the ingredients, but it is always safe to add 1 lemon, too, either put through the chopper or sliced very thin, like the other fruits.

Some lemons have a better rind for grating than others, an oilier quality which is more desirable in flavor. (May Florida forgive me, for I believe they are the Sunkist variety, which hails from California!)

LEMON MARMALADE

6 firm lemons

Water

Sugar

Wash and scrub fruit and slice as thin as possible. Measure and combine with three times again as much water; boil 20 minutes, or until tender. Replace water which has boiled away and add $\frac{3}{4}$ cups sugar for each cup fruit juice. Cook 2 cups at a time until it tests for jelly. Pour into hot sterilized glasses and seal. Makes about eight 6-ounce glasses, and is more "jelly-like" than most marmalades. The Puerto Rican lemon, which grows in Florida, has an excellent flavor prepared this way.

LEMON MINCEMEAT

1 pound stewing beef

1 pound suet

2 pounds tart apples

2 candied lemon peels

2 candied orange peels

2 pounds raisins, seeded

2 cups sugar

**2 lemons, juice and
grated rind**

**1 orange, juice and
grated rind**

1 cup cider

1 teaspoon grated nutmeg

1 teaspoon grated allspice

1½ teaspoons salt

Simmer beef in water to cover until tender and almost falling apart. Cool. Put through food chopper with suet, apples, candied peels and raisins. Mix with remaining ingredients. Simmer 1 hour, stirring occasionally to prevent burning. Seal in hot sterilized jars. Makes about 6 pints.

LEMON CONSERVE

$\frac{1}{2}$ cup lemon juice	1 cup raisins, plumped in hot water, drained and chopped
3 cups apples, peeled and chopped	$\frac{1}{2}$ teaspoon salt
2 cups sugar	2 teaspoons cloves
$\frac{1}{4}$ cup orange or lemon marmalade	2 teaspoons cinnamon
	1 teaspoon ginger
	$\frac{1}{2}$ cup nutmeats, chopped

Mix all ingredients except nuts, and cook until all ingredients are well mixed and mixture has boiled 5 minutes. Add nuts. Seal in hot sterilized jars. Makes about 2 pints.

27

MELONS

Watermelon rind pickles are a standard relish on every church-supper table. Everybody who likes sweet pickles likes them. What a nice, economical feeling it gives one to make something so delicious out of what otherwise would be discarded. Cantaloupe rinds may be prepared the same way—and if you get unripe cantaloupe, it, too, will make a nice preserve. In fact, any one who has the perserverance to read all the way through this little book will find that almost anything but an old shoe

can be cut up, soaked in brine, boiled in a spicy pickling syrup and preserved in a sterilized jar. And what is more, it will be good eating in the bargain. (I have not yet tried the old shoe, but I've come awfully close to it, now and then, when the pickling urge is upon me!) All rind pickles should be allowed to ripen 4 weeks or more before being used.

CANTALOUPE PICKLE

2 large, or 4 small, underripe melons	1 cup vinegar
¼ cup salt	1 tablespoon cinnamon
2 quarts water	1 tablespoon allspice
4 cups sugar	1 tablespoon cloves

Remove seeds and peel outer rind from melons and cut meat into 1-inch cubes. Put salt into 1 quart of water and soak cubed melon 3 hours. Drain. Make a syrup of remaining ingredients, add drained melon, and boil rapidly 10 minutes; let stand overnight. In the morning, drain off syrup and cook it until it is thick enough to coat the spoon. Return melon to syrup and boil until cubes are clear. Pour into hot sterilized jars and seal.

CANTALOUPE PRESERVES

3½ pounds ripe, firm melon	3 tablespoons salt
1½ pounds sugar	1 tablespoon cinnamon
1 pint cider vinegar	1 teaspoon cloves
	1 quart water

Remove seeds and outer rind of melon and cut into cubes, sprinkle with salt and let stand overnight. In the morning,

drain, bring water and 1 cup vinegar to a rolling boil, add melon cubes and bring to a boil again. Drain. Meanwhile make syrup of remaining cider, sugar, and spices, and when boiling hard, add melon; stir well and let stand 1 hour. Seal in hot sterilized jars. Let stand several months before using.

° ° °

In the Dakotas and Iowa, many people grow Citron Melons, sometimes called Vine Peaches.

CITRON (VINE PEACH) PRESERVES

1 quart prepared citron	1 lemon
2 tablespoons salt	Sugar
Water	Raisins (optional)
1 orange	Spices (optional)

Remove seeds and outer peel from melon and cut into cubes of equal size. Cover with salted water and cook until tender. Drain, reserving liquid, and measure it. Add equal amount of sugar as liquid and boil to a medium-thick syrup. Return fruit to syrup and cook until it is clear. Skim out melon, put into hot sterilized jars and add to the syrup citrus fruit which has been sliced very thin; boil 15 minutes. Pour to overflowing into jars and seal. If desired, 1 cup of raisins, which have been soaked in hot water and drained, may be added to this, along with 2 tablespoons whole cloves, 1 or 3 ounces stick cinnamon and 1 cup vinegar added to the original brine. If vinegar is used in the brine, this is called Citron Pickles.

AUNT ETTIE'S WATERMELON RIND PICKLES

5 pounds prepared water- melon rind	1 pint vinegar
3 pounds sugar	2 tablespoons whole allspice
Salt	2 tablespoons whole cloves
Water	8 cinnamon sticks

Prepare rind by washing and removing pulp, peeling off the green rind and cutting into 1-inch cubes or slices. Soak in brine overnight (1 part salt to 8 parts water). Drain and cover with clear, cold water; boil until cubes are tender. Make a syrup of remaining ingredients, with spices tied in a bag, and boil for five minutes. Add rind and cook until rind is transparent and syrup thick. Put rind into hot sterilized jars and remove spice bag. Cover with the boiling syrup and seal when cool.

MARGE'S PICKLED WATERMELON RIND

2 pounds watermelon rind	1 lemon, sliced thin
2 pounds sugar	1 tablespoon cinnamon
1 pint vinegar	1 teaspoon cloves
1 pint water	1 teaspoon allspice

Prepare rind as above and soak in brine made of $\frac{1}{4}$ cup salt to 1 quart cold water. Soak overnight. Drain. Cook rind in fresh water until tender. Drain. Make a boiling solution of remaining ingredients, with spices tied in a bag; add drained rind and boil rapidly until rind is clear and transparent. Remove spice bag, drain the rind and distribute it equally into hot sterilized jars; then pour boiling syrup to top of jar and seal when cool.

WATERMELON PICKLES DELUXE

Rind of 1 melon
1 teaspoon alum
1 teaspoon salt

Prepare the rind from a whole, perfectly ripe watermelon by cutting the green skin off, and the meat too, all but a thin red line which looks pretty. Put the large pieces of rind into a large kettle of boiling water in which 1 teaspoon of salt and 1 teaspoon of alum have been added, and boil until rind is almost tender. Drain, and when cool enough to handle, cut the rind into fancy shapes—stars, rounds, tiny balls, triangles and oblongs. Now start making the pickle!

1 tablespoon whole
cloves
2 tablespoons whole all-
spice
6 sticks cinnamon
1 quart vinegar

1 pint water
½ cup lemon juice
4 pounds brown sugar
1¾ pounds granulated
sugar
2 teaspoons salt

Tie spices into a bag, mix all the remaining ingredients together and boil 5 minutes. Add rind and boil until the rind has a transparent look. (Remove spice bag after boiling ½ hour.) Skim out rind when ready and distribute into hot sterilized jars. Pour the boiling syrup over rind and seal when cool.

WATERMELON RIND CHUTNEY

1 pound watermelon rind, prepared	1 cup preserved ginger
1 teaspoon alum	2 cups brown sugar
4 tablespoons salt	1 cup white sugar
1 pound tart apples	1 lemon, sliced thin
2 or 3 large onions	¼ cup lemon juice
Vinegar, about 1 quart	3 teaspoons cayenne pepper
2 tablespoons mustard seeds, bruised	1 pound seedless raisins
2 teaspoons celery seeds, bruised	2 teaspoons cinnamon
3 cloves garlic, peeled and bruised	2 teaspoons cloves
	2 teaspoons allspice
	1 tablespoon cornstarch, if desired

Prepare rind by peeling, then cook until almost tender, in water to cover, with 1 teaspoon alum and 2 tablespoons salt dissolved in it. Drain and weigh. Peel, core and dice apples; peel and chop onions, mix with remaining salt and add vinegar to cover. Add the prepared cooked rind and let stand 2 or 3 hours. Drain off the vinegar and add to it enough more to make 1 quart. Pound the seeds and garlic together, and add to remaining ingredients. Bring to a boil with the vinegar, stirring until sugar is dissolved. Add the diced mixture and boil quickly until rind is clear and tender and the syrup is thick. The cornstarch may be added to thicken syrup, or not, as desired. Let stand overnight, and in the morning test for flavor. Add more seasoning, spices or sugar as necessary, bring to a boil and pour into hot sterilized jars and seal. It makes about 4½ pints. Peaches can be successfully added to this chutney.

28

MINT

Yes, of course I know that mint is an herb and should have been back there with the rest of them, but it is a very special and popular herb and, therefore, I believe it deserves a space of its own. Almost everyone has a little plot, or pot, of mint growing somewhere around, and here are a number of ways to use it besides in the making of ice tea or juleps:

MINT JELLY FROM APPLE BASE NO. 1

Wash good strong mint, and chop or cut fine. To each cup mint (packed down to fill), add $\frac{1}{4}$ cup of sugar and $\frac{1}{4}$ cup water. Stir well and let stand 6 hours or overnight. Make apple jelly using $\frac{2}{3}$ to $\frac{3}{4}$ cup sugar to each cup of juice, and when jelly begins to thicken, add 2 tablespoons well-stirred, strained mint juice to each 2 cups of apple juice. Green vegetable coloring may be added to color the jelly. Pour into hot sterilized glasses and seal.

MINT JELLY FROM APPLE BASE NO. 2

**2 tablespoons prepared
mint juice (see below)
1 cup apple juice**

**$\frac{3}{4}$ cup sugar
Green vegetable coloring**

Wash mint leaves and measure 1 cup, packing down to fill. Cover with 1 cup boiling water; mash leaves in it and let stand 1 hour. Pour water off lightly, then press juice from the leaves through strainer. Take 2 tablespoons of this mint juice, and add to 1 cup boiling apple juice, with $\frac{3}{4}$ cup sugar, and boil together. Quickly stir in green vegetable coloring as jelly stage is reached. Pour into hot sterilized glasses and seal.

MINT APPLE CHUTNEY NO. 1

**12 tart apples
4 tomatoes
3 onions
2 lemons
1 orange
 $\frac{1}{2}$ pound candied ginger
3 green peppers, seeds
removed
15 ounces seeded raisins
 $\frac{1}{2}$ cup seedless raisins
 $\frac{1}{2}$ cup chopped mint
leaves, packed down**

**3 cups cider vinegar
2 to 3 pounds sugar, to
taste
2 teaspoons English
mustard
1 tablespoon salt
3 whole cloves
 $\frac{1}{2}$ teaspoon cinnamon
1 teaspoon ginger
1 teaspoon allspice**

Peel and core apples; scald and skin tomatoes, peel onions, and put all of them, with the citrus fruit, ginger, peppers, raisins and mint, through the food chopper, or blender, until diced or ground small. Mix them well and add to boiling syrup which has been made from vinegar, sugar, and spices. Let come to a boil again, and boil $\frac{1}{2}$ hour, stirring occasionally. Cover and let stand overnight. Next morning, bring to a boil and simmer 15 minutes, stirring to prevent burning. Cover and let stand overnight again. Repeat the process on the third day, simmering until syrup is thick, which at that time should only take about 15 minutes more. Pour into hot sterilized jars and seal when cool.

MINT APPLE CHUTNEY NO. 2

1 pound apples
6 ripe tomatoes
12 white onions
3 green peppers, seeds
removed
 $1\frac{1}{2}$ cups chopped mint
leaves, packed down

$1\frac{1}{2}$ cups seeded raisins
2 teaspoons salt
2 teaspoons dry mustard
3 cups vinegar
 $1\frac{1}{2}$ cups sugar

Peel and chop apples, tomatoes and onions, with seeded peppers, mint and raisins, or put through food chopper or blender. Sprinkle with salt and mix well. With mustard stirred smoothly into the vinegar, bring it to a good boil with sugar and let cool. Put vegetable mixture into the cooled vinegar and stir well. Let stand 3 days, stirring daily, then seal in hot sterilized jars.

UNCOOKED MINT CHUTNEY

- | | |
|-----------------------------------|-----------------------------|
| 2 tomatoes | 3 peppercorns |
| 4 tart apples | 3 cups cider vinegar |
| 6 mild onions | 2 cups brown sugar |
| 1 red hot pepper | 2 teaspoons English mustard |
| 1 cup mint leaves,
packed down | 1½ cups seeded raisins |
| 2 teaspoons salt | |

Scald and peel tomatoes; peel and core apples and peel onions; remove seeds from pepper, and put all with the mint leaves through coarse knife of chopper, or into blender. Mix with rest of ingredients and let stand for an hour or so. Stir well and put into hot sterilized jars and seal. This improves with age; let stand at least 4 weeks before using.

UNCOOKED MINT AND APPLE CHUTNEY

- | | |
|--------------------------------------|--|
| 2 pounds apples, peeled
and diced | 2 ounces salt |
| 2 red peppers, seeded and
diced | 1 pound sugar |
| 6 small white onions,
minced | ½ cup mint leaves,
chopped and packed
down |
| ¾ pound raisins, chopped | 1 pint white wine
vinegar |
| 1 ounce mustard seed | |

Mix all ingredients but vinegar together. Bring vinegar to rolling boil and add to mixture. Cover and stir every day for 10 days. Put into hot sterilized jars and seal.

MINT VINEGAR

**½ pound fresh mint,
chopped**

1 pint light cider vinegar

1 teaspoon salt

½ pound sugar

Put chopped mint into a bowl and sprinkle with sugar and salt. Heat vinegar to a good simmer. Pour it over mint and stir until sugar is dissolved. Pour into hot sterilized bottles or jars and seal.

29

MOLASSES

In some parts of the United States, molasses is plentiful and is often used as a sweetening in place of sugar. During the period of sugar rationing, the following recipes were tested and found to be very good when a high-grade, clear molasses is used. Unsulphured molasses has a higher nutritive value than sugar, and can replace sugar in equal amounts in all recipes for chili sauce and tomato and fruit recipes. In vegetable pickles and relishes, molasses can be successfully used only if the recipe does not call for more than ½ cup sugar to 1 cup vinegar. When cooking with molasses, never use copperware or galvanized tin. All foods cooked with molasses tend to be dark in color.

MOLASSES APPLE BUTTER No. 1

8 pounds tart apples

1½ cups water

1 cup vinegar

**2 cups high-grade
molasses**

1½ teaspoons salt

**2½ teaspoons ground
cloves**

**2 teaspoons ground
allspice**

5 teaspoons cinnamon

Wash and slice apples and put with water into large kettle; boil until soft and mushy. Put through food mill and put into kettle with remaining ingredients and cook slowly until thickened. Pour into hot sterilized glasses and seal when cool. Makes about 4 pints.

MOLASSES APPLE BUTTER No. 2

For each cup of tart, hot apple sauce, add ¼ cup of molasses. Cook until thickened, pour into hot sterilized glasses and seal when cool. It is good to add about ½ teaspoon salt to each cup.

MOLASSES CHILI SAUCE

8 pounds ripe tomatoes

2 cups onions, minced

**2 cups green peppers,
minced**

**2 small hot red peppers,
minced**

3 cups vinegar

1 cup molasses

¼ cup salt

1 teaspoon pepper

1 teaspoon ground cloves

**1 teaspoon ground all-
spice**

Scald, peel and quarter tomatoes. Put with remaining ingredients into large kettle and boil rapidly until thick, stirring con-

stantly to prevent burning. It will take an hour or a little longer. Pour into hot sterilized jars and seal. Makes about 3 pints.

MOLASSES CUCUMBER PICKLES

12 good-sized cucumbers	1 tablespoon cornstarch
6 onions	1 tablespoon English mustard
½ cup salt	
2 cups molasses	1 tablespoon turmeric
4 cups cider vinegar	¼ cup vinegar

Wash and slice cucumbers; if they are mature, peel them also. Peel and slice onions and put both into bowl with salt sprinkled over them and let stand overnight. In the morning, bring molasses and 4 cups vinegar to a boil. Mix cornstarch, mustard and turmeric into a smooth paste with the ¼ cup vinegar and add to molasses, stirring constantly until well dissolved. Bring again to a boil. Drain vegetables, add to mixture, and when it again comes to a boil, pack into hot sterilized jars and seal. Makes about 6 pints.

MOLASSES CARROT RELISH

9 cups carrots	5 tablespoons salt
5 cups white onions	1 tablespoon celery seed
2 cups green peppers	1 tablespoon mustard seed
2 cups sweet red peppers	6 cups white vinegar
2½ cups cabbage	2 cups molasses

Scrape carrots, peel onions, and remove seeds from peppers. Put all vegetables through coarse blade of chopper, or blender. Mix spices into vinegar and molasses and bring to a boil. Add vegetables to boiling liquid and cook fast until thick (about 1 hour). Pour into hot sterilized jars and seal. Makes about 6 pints.

GREEN TOMATO RELISH WITH MOLASSES

8 pounds green tomatoes	3 cups vinegar
¼ cup salt	2 cups molasses
½ head cabbage	2 teaspoons mustard seed
3 white onions	2 teaspoons celery seed
4 green peppers	1 teaspoon whole cloves
2 sweet red peppers	1 teaspoon whole allspice

Wash and grind tomatoes; mix with salt and let stand overnight. Drain. Put cabbage, onions and peppers through grinder and mix with tomatoes in large kettle. Add remaining ingredients (tying whole spices in a cheesecloth bag), and cook until mixture is tender and fairly thick. Remove spices and pour into hot sterilized jars and seal. Makes about 4 pints.

MOLASSES PICKLED BEETS

1 quart vinegar	4 teaspoons salt
1 cup molasses	3 sticks cinnamon
2 teaspoons mustard seed	2½ quarts cooked beets,
2 teaspoons celery seed	peeled
1 teaspoon cloves	6 white onions

Mix all ingredients except vegetables and bring to a good boil. Slice beets and onions, add to mixture, and bring to a simmer. (Canned beets may be used.) Put beets and onions into hot sterilized jars. Reheat liquid to boiling point, and fill jars to brim. Seal. Makes about 6 pints.

TOMATO AND DRIED FRUIT MOLASSES CHUTNEY

- | | |
|--|--|
| 1 pound dried apricots | 1 quart molasses |
| 1 pound pitted dates,
chopped | 1 teaspoon salt |
| 3 pounds tart apples,
peeled and sliced | $\frac{1}{4}$ cup candied ginger,
chopped—or 2 table-
spoons powdered ginger |
| 1 quart vinegar | 2 teaspoons cinnamon |
| 1 pound seeded raisins | 1 teaspoon allspice |
| 1 quart tomatoes, peeled
and chopped | |

Soak apricots 1 hour in water just to cover. Drain and cut them into small pieces and cook with dates, apples and vinegar until tender. Add remaining ingredients and simmer until thick, about 45 minutes. Pour into hot sterilized jars and seal. Makes about 6 pints.

30

MUSHROOMS

If you live in the country, during July and August edible mushrooms may spring up on your lawn and pasture land. If so, you are fortunate, though it would be advisable to check with the nearest Agricultural or Farm Bureau to make certain they are an edible variety. There are not nearly so many poisonous mushrooms as people believe, and the wild varieties are

much better flavored than the cultivated ones, if one has the courage to become familiar with them. For making catsup and pickling, pick them when the sun is hot on a clear day. Dried as the Italians do them, they are also very good. Run a needle and thread through the stems and hang them up in festoons in a dry sunny room. If there is dust about, loop the strings loosely into large paper bags and tie the top of the bag. Hang them up. Dried mushrooms will keep forever if kept airtight or continuously dry, and their flavor is as good as the fresh ones when they are soaked and used in cooking.

MUSHROOM CATSUP

2 pounds mushroom heads	½ teaspoon nutmeg
About ¼ cup salt	1 ginger root, bruised,
4 cloves	or 1 teaspoon powdered
2 teaspoons mustard seed	ginger
1 ounce black pepper	3 bay leaves

Remove stems and put mushrooms into a bowl, sprinkling each layer lightly with salt. Let stand overnight. In the morning, stir and bruise them to start juice. Do this several times and let stand another night. Strain off juice, and to 1 quart juice add remaining ingredients, except bay leaves. Bring to a boil and boil for 30 minutes. In 25 minutes add bay leaves. Remove from heat and cool. Strain into hot sterilized bottles and seal. Do not overspice this or the delicate mushroom flavor is lost.

PICKLED MUSHROOMS

2 cups small mushrooms	1 clove garlic, sliced
1 teaspoon salt	Vinegar
1 teaspoon peppercorns	1 sprig tarragon or fennel
1 bay leaf	

Wipe mushrooms clean and sprinkle with salt. Add seasonings and garlic. Heat vinegar and tarragon or fennel, and when simmering pour over mushrooms and seal into hot sterilized jars. Makes 1 pint.

31

MUSTARD

This category, like the herb vinegars, does not properly belong in this book. But, again like the vinegars, flavored mustards are so good and so simple to make, and so expensive when purchased, that I cannot resist adding this, my favorite flavored hot-spot, to these pages.

GARLIC MUSTARD

2 white onions	1 teaspoon cayenne
2 cloves garlic	1 tablespoon sugar
2 cups vinegar	1 cup English mustard
2 teaspoons salt	

Peel and slice onions and garlic; put into vinegar and let stand in a cool place, or covered in refrigerator, for 2 days. Strain; discard onions and garlic, and to $\frac{1}{2}$ the vinegar add the salt, pepper, sugar and mustard. Bring second half of vinegar to a boil; gradually add spicy mixture, stirring constantly, and boil 5 or 6 minutes. Stir until smooth, and on the 6th minute pour into small, hot sterilized jars to overflowing and seal.

32

ONIONS

The pickling onion is a special, small variety, pearly in color and perfect in shape, but any young onion may be used in its place if one has a yen to do so. The only difference will be in appearance and size.

PICKLED ONIONS No. 1

- | | |
|--|-------------------|
| 1 quart small onions | 1 tablespoon salt |
| 1 sweet red pepper, cut
into strips | 2 teaspoons sugar |
| 1 pint white vinegar | ½ to 1 cup water |

Peel onions; cover with boiling water and boil 2 minutes. Drain, and put into ice water or running water to cool; then put into hot sterilized jars with a few strips of sweet red pepper in each jar. Bring vinegar, salt, sugar and water to a boil, stir well and allow to cool. Pour over onions in jars and seal.

PICKLED ONIONS No. 2

4 quarts small white onions	3 tablespoons whole allspice
1 cup salt	3 tablespoons whole white mustard seed
1½ quarts boiling water	1 small red hot pepper for each jar
1 quart white vinegar	¼ cup grated horseradish
½ cup sugar	

Blanch onions in boiling water 2 minutes. Drain and peel by cutting off root end and slipping off skin. Cover onions with a boiling brine, using the salt water. Let them soak 24 hours and then drain. Put them into fresh water 1 hour and meanwhile bring vinegar, sugar and spices to a boil and boil 1 minute. Pack drained onions into pint or quart hot sterilized jars with 1 red hot pepper and some horseradish in each jar; cover with boiling syrup to overflowing and seal. If a sweet onion pickle is wanted, use 2 cups of sugar.

33

ORANGES

Oranges are a national staple these days and, like carrots and onions, are a part of every household at any point in the United States.

ORANGE JAM

Oranges

Sugar

Salt

Grate, or thinly slice orange rind from 2 oranges; then peel them, also peeling remaining oranges. Put pulp through grinder or blender and measure. Use as much sugar as pulp and add grated rind and a pinch of salt. Put into kettle and boil 20 minutes, stirring occasionally to prevent scorching. Pour into hot sterilized glasses and seal when cool.

ORANGE MARMALADE

**1 cup thinly sliced oranges,
unpeeled**

6 cups water

**1 cup thinly sliced lemons,
unpeeled**

Sugar

Cover fruit with water and let stand 24 hours. Boil for 10 minutes and again let stand 24 hours. Measure by cups equal amounts of fruit and sugar and boil hard until syrup reaches jelly test. Cool. Stir lightly to prevent fruit from rising to top. Pour into hot sterilized glasses and seal. Grapefruit may be added to this, either with the lemons or in place of them.

AMBER MARMALADE

1 orange	3½ quarts water
1 grapefruit	5 pounds sugar
1 lemon	1 teaspoon salt

Wash and wipe fruit, cut with sharp knife into paper-thin slices, add water and let stand overnight. Cook in same water until peel is tender and again let stand overnight. Add sugar and salt and boil until syrup sheets from spoon. Pour into sterilized glasses and seal.



Seville oranges, from which the famous bitter English marmalade is made, are not easily obtainable in the United States; however, there is a form of wild orange which grows in Florida, with a thick skin and acid flavor, which makes exceptionally fine marmalade, similar to the British variety. These can be found in New York City in the winter time, and probably many other places as well. Here is a good way to use them:

BITTER ORANGE MARMALADE

**6 oranges (about 2
pounds)**

**½ teaspoon salt
Water**

3 pounds sugar

Wash oranges and shred peel with vegetable slicer from all unspotted surfaces. Cover shredded peel with cold water and boil until tender. Remove white skin from oranges, chop pulp and boil in 2 quarts of water until soft. Put through mill and add to drained peel; add sugar and salt and boil until thickened and jelly forms. Let cool, and pour into hot sterilized glasses and seal with paraffine. Makes about 5 pints of marmalade. If a less bitter flavor is desired, change water on boiling peel twice while it is cooking, or use only the shredded peel from 3 oranges.

**CANDIED ORANGE
OR GRAPEFRUIT PEEL No. 1**

**Citrus peel
Water**

**Salt
Sugar**

Save peel from about 4 grapefruit or 6 oranges. Cut into strips and soak for 24 hours in salt water to cover (4 cups water to 1 tablespoon salt). Drain. Rinse peel and soak in fresh water to cover, 20 minutes. Drain, and again cover with fresh water; boil 20 minutes. Drain and measure peel; it will now be somewhat soft and wilted in appearance. Take same amount of sugar and put into pan with peel and ⅛ cup of water to start sugar melting. Keep over heat, shaking pan frequently to keep sugar from scorching, which spoils the appearance of the peel. When all the sugar is absorbed—and this does not take very long with above amounts—spread the peel out on wax paper to dry. This need not be rolled in sugar, and will keep indefinitely in airtight containers.

CANDIED ORANGE OR GRAPEFRUIT PEEL No. 2

3 oranges

2 tablespoons light corn

Water

syrup

1 cup sugar

Granulated sugar

Remove peel from oranges in quarters, cover with water and boil $\frac{1}{2}$ hour. Drain and repeat until tender. Cut peel into thin strips. Combine 1 cup sugar, syrup and $\frac{1}{2}$ cup water and bring to a boil; add strips of peel and simmer until peel is clear. Let stand overnight. Reheat and drain. Roll peel in granulated sugar and keep in tightly closed tin box. The syrup remaining may be used for more peel, or as a sweetening in iced tea, or in making cake icing. This recipe may also be used for grapefruit peel.

SPICED CANDIED ORANGE PEEL

4 cups orange peel

$\frac{1}{4}$ cup preserved ginger

Water

14 whole cloves

3 cups sugar

3 pieces whole cinnamon

$\frac{1}{2}$ cup vinegar

Cover orange peel with boiling water and boil until tender, changing water twice. Drain. Make syrup of $1\frac{1}{2}$ cups water, sugar, vinegar and spices tied in a bag; when boiling, add the peel, which has been scraped and cut into strips, and cook until syrup is thick and peel is well flavored. Pour into hot sterilized jars and seal.

ORANGE MANGOS

Navel oranges

Candied pineapple

Nuts

Dates

**Candied or maraschino
cherries**

Honey or sugar

Water

Wash and dry oranges. With an apple corer or a vegetable peeler, make a hole in the stem end of orange. Go in as far as possible, then reverse orange and repeat at other side so there is a channel all the way through. Repeat operation at sides of orange, then insert a piece of pineapple, nuts and a date, leaving room for a cherry on outside of each channel. Tuck cherries in firmly so each one remains in place. Put oranges into large kettle, cover with boiling water and boil slowly 20 minutes. Drain and repeat 3 times. Drain and cover them with a syrup of 1 part water to 2 parts sugar or honey and boil 15 minutes. Cool. When cold, reheat and boil again for 15 minutes. Cool. Add enough water to bring syrup to original level and boil until oranges are tender. Test with a tooth pick, which should pierce the skin easily. Put into hot sterilized wide-mouthed jars, fill with syrup and seal. These make a delicious garnish for roast duck and ham, and are well worth the trouble.

34

PEACHES

The peach is a favorite everywhere, but is one of the fruits which has been difficult to use in great quantities because the flesh discolours so soon after the peel is removed. In former days, one peeled only a few peaches at a time and sprinkled each one with lemon juice as it went into the bowl, never slicing them until ready to use. But now there is a new and better way. From your druggist buy ascorbic acid in crystalline or tablet form. For 2 quarts of sliced peaches, use $\frac{1}{4}$ teaspoon crystalline ascorbic acid (or 500 milligrams of ascorbic acid in tablet form) dissolved in $\frac{1}{2}$ cup water; then add enough water to keep peaches covered.

The quick and easy way to peel peaches is the same method used in peeling tomatoes: scald them in boiling water for a minute or two or until their skins begin to wrinkle. Then plunge them into cold water and slip off the skin.

PEACH JAM

2 pounds peaches

$1\frac{1}{2}$ pounds sugar

Scald, peel and pit peaches and cut into quarters. Crush layer of fruit in kettle, cover with sugar, and continue in alternate layers until all is used. Let stand several hours, then heat slowly until sugar dissolves, stirring now and then. Bring to a boil and, stirring frequently, cook until fruit is clear and the jam is somewhat thick. Pour into hot sterilized jars and seal.

PEACH CONSERVE No. 1

**10 cups peeled, sliced
peaches**
8 cups sugar
**4 teaspoons ground
ginger, or grated ginger
root**
Juice of 2 oranges

**Rind of 1 orange, thinly
peeled and shredded**
½ cup raisins
**1 small lemon, thinly
sliced, if desired**
**½ cup chopped walnuts,
if desired**

Scald, peel and cut up peaches until you have 10 cups. Place in kettle with sugar and remaining ingredients, except nuts. Boil, stirring to prevent its scorching, until mixture is thick. Add nuts before pouring into hot sterilized jars and seal.

PEACH CONSERVE No. 2

6 cups peaches, cut up
4 cups sugar
1 orange

**1½ cups pineapple tidbits,
drained (1 fourteen-
ounce tin)**
½ teaspoon salt
1 cup walnuts, chopped

Scald, peel and cut up peaches, combine with sugar and let stand several hours, stirring occasionally. Cut up orange and put through grinder, peel and all; also pineapple. Mix all ingredients, except nuts, in kettle and simmer until thickened, about 45 minutes. Add nuts and pour into hot sterilized glasses and seal. Makes about eight 6-ounce glasses.

PEACH AND ORANGE MARMALADE

12 medium-sized oranges

1 lemon

12 large ripe peaches

Sugar

**½ cup chopped maraschino
cherries, if desired for
color**

Coarsely grind or chop oranges and lemon. Scald, peel and slice peaches. Measure fruits and add equal amount of sugar. Divide mixture in half, cooking each half separately until thick, stirring to prevent its sticking to kettle. Add cherries and seal in hot sterilized glasses.

PEACH JELLY WITH APPLES

6 pounds peaches

3 pounds green apples

Sugar

Water

Wash peaches, remove blemishes but do not peel, remove pits and cut up fruit. Add ¼ cup water and cook until soft. Remove stem and blossom end from apples, and quarter; cook half-covered with water until soft. Put fruits into separate jelly bags and let drip overnight. Use 3 cups peach juice to 1 cup apple juice and ¾ cup sugar to each cup of juice. Boil together quickly to jelly stage. Remove from heat, skim off foam and pour into hot sterilized glasses. Seal when cool.

PEACH AND CANTALOUPE PRESERVES

6 peaches
½ cantaloupe

2 oranges
Sugar

Scald and peel peaches and slice. Remove seeds and outer rind from melon and slice. Wash oranges and, using sharp knife, thinly remove outer orange rinds and chop fine; peel oranges and use the skinned sections of fruit. Mix all together and measure. Add $\frac{3}{4}$ cup sugar for each cup of fruit, stir well and let stand several hours or overnight. Cook until fruit is clear and tender, stirring often to prevent burning, and when syrup thickens, pour into hot sterilized jars and seal. Makes from 3 to 4 pints. One lemon, thinly sliced, and $\frac{1}{2}$ cup walnuts, chopped fine, may be added to this if desired—the lemon added with the other fruit, the chopped nuts stirred in just before pouring into jars.

PICKLED OR SPICED PEACHES

4 pounds perfect peaches
2 tablespoons whole
cloves
2 pounds sugar

1 quart vinegar
½ teaspoon salt
4 sticks cinnamon
2 teaspoons whole allspice

Scald and peel peaches and stick 2 or 3 cloves into each one. Combine sugar, vinegar, salt and spices (tied into a bag) and bring to a boil. Simmer 10 minutes. Add peaches and boil them gently until just tender, but not soft. Remove from heat and let stand overnight. Pack fruit carefully in sterilized jars, and boil syrup until it is somewhat thick, pour over peaches to top of jars and seal. Let stand several weeks before using. Makes about 4 pints.

BRANDIED PEACHES

Peaches
Sugar

Water
Brandy

Peel peaches as described above; weigh them, and for each pound of fruit measure $1\frac{1}{2}$ cups sugar and 1 cup water and boil together to a light syrup. Boil a few peaches at a time in this syrup (only as many as fit easily into kettle) until slightly soft, about 5 minutes. Remove with perforated spoon and pack carefully into hot sterilized jars. Add syrup to $\frac{3}{4}$ full, then fill to the top with good Brandy and seal. This may be made in any proportion of Brandy to syrup as desired.

UNPEELED BRANDIED PEACHES

Peaches
Sugar

Water
Brandy

Rub fuzz off peaches with a dry cloth, after washing them, and weigh. For each pound of peaches, use 1 cup sugar and 1 cup water. Boil sugar and water to a syrup; add peaches, a few at a time, and boil 5 minutes. Remove peaches with perforated spoon and fit into hot sterilized jars. Add 1 cup Brandy to each quart jar, fill to the brim with syrup and seal.

BRANDIED PEACH PRESERVES

1 pound sugar
 $\frac{1}{2}$ cup water

2 pounds peaches
 $\frac{1}{2}$ cup good Brandy

Boil sugar and water until it makes a syrup. Scald peaches in boiling water, plunge into cold water and remove skins. Slice peaches and put into boiling syrup. Boil slowly until they look transparent. Add the Brandy, stir gently, and pour into hot sterilized jars. Seal.

PEACH CHUTNEY

- | | |
|--|--|
| 4 pounds peaches | 2 tablespoons mustard seed |
| 2 white onions | |
| ½ pound raisins | 1 tablespoon salt |
| 1 clove garlic, peeled | 2 teaspoons ginger |
| ½ cup preserved or crystallized ginger, chopped | 2 cups vinegar |
| 1 small chili pepper | 4 cups brown sugar, firmly packed |

Scald, peel and cut up peaches. Put onions, raisins and garlic through food grinder; the ginger may also be ground if preferred. Mix all ingredients together in kettle and bring to a quick boil. Simmer slowly for about an hour, stirring frequently to prevent its scorching, until chutney is thick and brown in color. Pour into hot sterilized jars and seal. Makes about 3 pints.

DRIED PEACH CHUTNEY

- | | |
|---|---------------------------------|
| 2 pounds dried peaches | 2 hot peppers |
| ¼ pound green ginger root or crystallized ginger | 4 cloves garlic, peeled |
| | 3 pounds brown sugar |
| 2 sweet peppers | ½ pound seedless raisins |
| | 2 tablespoons salt |

Soak peaches overnight in water well over their level. In the morning, cut into strips and return to water they were soaked in. Chop ginger, remove seeds from peppers and cut into small pieces, or put both through grinder. Put cloves of garlic into cheesecloth bag, combine all ingredients and simmer until thick. Add more liquid if necessary, and stir to prevent burning. When thick, remove garlic and pour into hot sterilized jars and seal. Makes about 4 quarts.

MRS. HAMAN'S PEACH CHUTNEY

6 ripe peaches	3 teaspoons mixed spices
2 tomatoes	4 cups sugar
6 pears	3 cups white vinegar
3 sweet peppers	2 teaspoons salt
3 Bermuda onions, or any sweet mild onion	

Scald and peel peaches and tomatoes, peel and core pears, seed peppers, peel onions and dice all into small pieces. Tie spices into bag and boil all ingredients together from 1 to 2 hours until sufficiently thick, stirring now and then to prevent sticking to kettle. Cool, and seal in hot sterilized jars.

MRS. M.'S PEACH CHUTNEY

4 quarts ripe peaches	¼ pound seedless raisins
6 firm pears	2 cloves garlic, peeled and minced
5 cups cider vinegar	1 small chili pepper
4 white onions, minced	¾ cup sugar
½ pound crystallized ginger, minced	3 ounces mustard seed

Scald peaches, plunge into cold water, remove skins. Peel, core and quarter pears, and cut both fruits into small chunks. To 8 cups fruit add ½ cup vinegar and cook slowly until fruit is tender. Add another cup vinegar, stir well, and add remaining ingredients including rest of vinegar. Simmer, stirring now and then to prevent its sticking to kettle, until fruit is clear. Cool to allow it to thicken slightly before pouring into hot sterilized jars. Seal. Makes about 6 pints.

PEACH BUTTER No. 1

Peaches
Sugar

Salt
Spices, if desired

When peaches are plentiful, or one has on hand peaches which are bruised or imperfect in any way, a thrifty way to use them, and be economical with sugar also, is in peach butter. Wipe off the peach fuzz with a cloth dipped in very hot water, remove bad spots and pits, and cook them in their own juice until soft and mushy, as one does apples for apple sauce. Put through food mill and measure pulp, using $\frac{1}{2}$ cup sugar, or less if peaches are very sweet, to each cup fruit, and add $\frac{1}{4}$ teaspoon salt to each 4 cups of peaches. Cook rapidly until thick, stirring frequently to prevent its sticking, which it has a tendency to do. To test, pour 1 tablespoon of the butter onto a cold saucer; when no rim of liquid separates around the edge of the butter, it is done. Spices may be added if desired: $\frac{1}{2}$ teaspoon cinnamon or cloves per 4 cups fruit is a good combination, but personally I think adding spices to the peach flavor is gilding the lily. Pour into hot sterilized jars and seal.

° ° °

Peach Butter is also very easily made with corn syrup, as follows:

PEACH BUTTER No. 2

4 pounds ripe peaches	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon cinnamon
1 cup corn syrup	$\frac{1}{4}$ teaspoon cloves

With a cloth dipped in hot water, remove fuzz from peaches, cut up, remove pits and mash in kettle, boiling them until soft

and mushy. A little water may be added if necessary to start the juice. Put through food mill and add remaining ingredients. Cook, stirring frequently, until done. Test by pouring a tablespoon of butter on a cold saucer; when no rim of liquid separates around the edge of the butter, it is done. Pour boiling mixture into hot sterilized jars and seal. Makes about 3 pints.

PEACH, PLUM AND APRICOT BUTTER

½ pound dried apricots

3½ pounds plums

Water

6½ cups sugar

4 pounds peaches

½ teaspoon salt

Wash apricots, cover with cold water and bring to a boil. Simmer 15 minutes, covered. Drain off liquid and measure it, putting 1½ cups into kettle, adding water if there is not enough. Scald, peel and pit peaches; peel and remove pits from plums. Put them both through coarse blade in grinder and measure 4 cups of each into kettle, then grind apricots and put fruits together into kettle with apricot juice. Bring to a boil and simmer, covered, 10 minutes. Add sugar and salt and mix until sugar is dissolved and mixture boils. Boil rapidly, stirring to prevent scorching, until clear and thick, about 10 or 12 minutes. Pour into hot sterilized glasses and seal. Makes about 5 pints.

35

PEARS

To the amateur farmer, pears are rather a headache and a nuisance. They have a better flavor and texture if they are gathered while they are green and allowed to ripen in a cool, dark, airy room. Most varieties allowed to ripen on the tree have soft centers and a gritty texture. Therefore, say I, if you have a small pear orchard, pick 'em and pickle 'em, and buy your table pears.

EAST INDIAN PEAR PRESERVES

- | | |
|--|---|
| 7 pounds Kieffer, or any
other firm pears | 2 lemons, juice of 1
½ teaspoon salt |
| 6 pounds sugar | 1½ cups preserved ginger,
chopped |
| 6 cups water | |

Peel pears and cut into thin slices or chips. Dissolve sugar in water and bring to a boil; add pears, lemon juice and salt and boil until pears are tender. Remove pears with perforated spoon. Meanwhile cut rind from lemons in thin slices, bring to a boil in water to cover, drain and add to syrup with the ginger, boiling until syrup thickens. Return pears to mixture and stir well, until pears are thoroughly heated. Pour into hot sterilized jars and seal.

GINGERED PEARS

- | | |
|---------------------------------|------------------------|
| 8 pounds firm pears | 4 lemons |
| 4 pounds sugar | ½ teaspoon salt |
| ¼ pound preserved ginger | |

Wash and dry pears. Peel, core and quarter them, and put into kettle with sugar and ginger. Let stand overnight. Stir well; cut lemons into very thin slices and dice or put through grinder or blender, add to pears with salt, and simmer about 2 hours. It should be the same consistency as marmalade. Pour into hot sterilized glasses and seal.

PEAR MANGOS

- | | |
|----------------------------------|---------------------------------|
| 24 good-sized sweet pears | 1 quart vinegar |
| 2 ounces whole allspice | 1 quart pineapple juice |
| 2 ounces whole cloves | 7 pounds sugar |
| 2 ounces mace | Preserved citron, ginger |
| 3 ounces stick cinnamon | and raisins |

Peel pears or not, according to texture of their skin. Cut into halves and remove cores. Put spices into a loose bag, mix liquids and sugar, add spices and boil for 30 minutes. Meanwhile, chop raisins and preserved fruit, judge amount needed to fill pear cavities, stuff the pears and put halves together with toothpicks and tie with string. Add pears to boiling syrup and cook them until they are tender but not soft. Remove spice bag, put pears into hot sterilized jars and cover with syrup. Let stand overnight. Drain off syrup and let it boil until it is thick. Return pears to kettle and bring them to a boil so they are well heated, then return them to hot jars, fill to brim with syrup and seal.

PEAR CONSERVE

- | | |
|--|---|
| 4 quarts pears—Bartlets,
or any other sweet
variety | 2 tablespoons crystallized
ginger, chopped |
| 2 pounds sugar | 1 quart pineapple tidbits |
| 1 lemon, cut fine | 1 cup pecan meats, cut
fine, if desired |
| 1 orange, cut fine | |

Peel and dice pears and cover with sugar, citrus fruit and ginger. Let stand overnight. Cook slowly until pear is tender, stir in pineapple and boil 10 minutes more. Add nuts. Pour into hot sterilized jars and seal.

PEAR CHOW CHOW

- | | |
|--|--------------------------------|
| 24 Kieffer, or other firm
pears | 1 cup sugar |
| 4 large onions | 1 tablespoon salt |
| 3 red hot peppers, seeded | 1 teaspoon dry mustard |
| 5 sweet peppers, seeded | 1 teaspoon celery seed |
| 1 pint cider vinegar | 1 teaspoon mustard seed |

Peel and core pears, and put with vegetables through coarse knife of chopper, then into jelly bag and let drain overnight. In the morning, make a light syrup of vinegar, sugar and spices by boiling 5 minutes; add drained mixture and cook until it is heated through, but do not boil it. Pour into hot sterilized jars and seal. Makes about 6 pints.

ROSY RELISH MARMALADE

**5 pounds Kieffer pears, or
any other firm variety**

1 quart cranberries

10 cups sugar

Juice of 2 oranges

**Rind of 1 orange, chopped
and parboiled**

Put fruits through grinder, using coarse blade; add sugar, juice and parboiled rind and let stand overnight. Bring to a boil and cook until thick, about 1 hour. Seal in hot sterilized glasses. Makes about fifteen 6-ounce glasses. Pears may be peeled or not, as desired.

SWEET PICKLED SECKLE PEARS

**3 three-inch sticks
cinnamon**

1 tablespoon whole cloves

**1 tablespoon whole all-
spice**

3 pounds sugar

3 cups water

3 cups cider vinegar

**2 tablespoons candied
ginger, chopped**

6 pounds firm Seckle pears

Tie spices into a loose bag and boil with sugar, water, vinegar and ginger until sugar is dissolved and mixture has started to thicken slightly. Remove blossom end from each pear and stick 1 clove in its place. Put as many pears at a time into the syrup as can be covered and boil until they are barely tender, about 15 minutes. Remove with a slit spoon and cook remaining pears. When they are cooked, put back all pears into syrup and let remain in kettle overnight. Remove pears and boil syrup until it is thickened. Remove spice bag. Pack pears into hot sterilized jars, cover with syrup to top of jar and seal. Makes about 8 pints.

36

SWEET PEPPERS

Sweet or bell peppers, which are called mangos in the Middle West, I believe, may be had either in the green or red variety. The pimienta is sweet, with a thick meat, and the chili peppers vary in degrees of hotness. They are all cousins, and are one of the vegetables not everyone cares for, but their distinct, rather strong flavor is a welcome addition to many dishes and blends well with many condiments and other vegetables in pickling. They are not difficult to grow, and sweet peppers are one of the vegetables farmers and markets may give you free during a good growing season; for once the green pepper has ripened and turned to red, it does not keep well and is difficult to market. Try some relish and piccalilli made from these attractive vegetables.

MOTHER HARRIS'S PEPPER RELISH

12 green peppers

3 tablespoons salt

12 sweet red peppers

1 cup granulated sugar

12 large onions

2 to 3 cups vinegar

Remove seeds from peppers and grind with onions in coarse knife of grinder. Drain off juice lightly and discard it. Mix with remaining ingredients and boil 20 minutes. Pour into hot sterilized jars and seal. This makes a very tart relish. For a sharper flavor, some Worcestershire sauce may be added before putting into jars. Add more sugar if a sweeter relish is desired.

RED PEPPER RELISH

12 red sweet peppers	1 lemon, sliced thin
6 green sweet peppers	1 quart vinegar
4 onions	2 cups sugar
6 tomatoes	5 teaspoons salt

Remove stems and seeds from peppers and chop peppers. Cover with boiling water and let stand 10 minutes. Drain and add chopped onions. Scald and peel tomatoes; chop and add to mixture, with lemon slices. Heat vinegar, sugar and salt and boil 5 minutes; add chopped vegetable mixture, bring to a boil and cook 10 minutes. Let stand overnight and cook again in the morning for 10 minutes at a hard boil, stirring to prevent its scorching. Pour into hot sterilized glasses and seal.

CANADIAN RELISH

6 green sweet peppers	1 small chili pepper
3 red sweet peppers	½ cup sugar
3 large, firm apples	1½ cups cider vinegar
3 yellow onions	1 tablespoon salt
Water	

Remove seeds from sweet peppers, peel and core apples and peel onions; put all through the coarse knife in grinder. Cover with water, bring to a boil and drain, pressing out all liquid. Remove seeds from the chili pepper, mince and add to vegetables with remaining ingredients. Boil 20 minutes, stirring now and then to prevent scorching. Pour into hot sterilized jars and seal.

DIXIE RELISH

¼ cup salt	3 tablespoons salt
1 quart water	3 tablespoons mustard
1 pound sweet green	seed
peppers	2 tablespoons celery seed
1 pound sweet red peppers	¾ cup sugar
1 quart chopped cabbage	1 pint vinegar
1 pint onions	

Combine ¼ cup salt with 1 quart water and soak whole peppers 24 hours. The next day, chop or grate cabbage and onions and wash brine from peppers. Drain. Remove their seeds and chop. Dissolve sugar in vinegar, add remaining ingredients and let stand overnight. In the morning, bring to a boil, and stir well; pour into hot sterilized jars and seal.

UNCOOKED PEPPER RELISH

2 sweet red peppers	Salt
2 green peppers	5 teaspoons mixed pick-
½ red hot pepper,	ling spices
or more	Distilled vinegar
12 white onions, quartered	

Remove seeds from peppers and shred peppers into small slivers, using red hot pepper as desired; keep hot pepper aside, and put only a small amount into each jar. Fill 8 half-pint sterilized jars ¼ full of onions, tightly packed, add red pepper shreds and then more onions. Between each layer sprinkle some salt and spices, and top each jar with green peppers. Fill to the brim with vinegar and seal. This must stand 3 or 4 months before being used.

PICKLED STUFFED PEPPERS

12 to 14 large green bell peppers	½ cup grated or preserved horseradish
1 quart cabbage, ground fine	2 tablespoons salt
1 cucumber, ground fine	1 cup mustard seed and celery seed, mixed
2 onions, ground fine	Vinegar

Wash peppers, remove seeds and white membrane; cut off stem ends and reserve. Mix ground vegetables and spices well, and let stand 1 hour. Drain off liquid. Fill peppers, replace tops and tie firmly in place. Pack in hot sterilized jars and fill to overflowing with cold vinegar. Seal.

ITALIAN UNCOOKED PICKLED PEPPERS

1 quart green peppers	1 teaspoon oregano, fresh or dried
1 teaspoon salt	
3 cloves garlic, peeled	Cider vinegar
2 teaspoons peppercorns	

Wash peppers well and prick each one several times with sharp tines of a fork. Put into clean, hot sterilized half-pint jars and pack so they fit tightly. Add remaining ingredients, filling each jar to overflowing with vinegar, and close. After a few days, peppers will have absorbed much of the vinegar; open jars and fill to brim again. Repeat procedure once more and then seal.

PRESERVED PIMIENTOS

12 sweet red peppers	1 cup sugar
Water	1 teaspoon salt
1 cup vinegar	

Wash peppers, cut out stem ends, remove seeds and white membrane. Cover with boiling water and boil 3 minutes. Drain. Pack tightly into hot, clean half-pint jars, fitting peppers into each other in nests. Bring remaining ingredients to a fast, rolling boil, fill jars to overflowing and seal. Makes 3 half-pint jars.

PEPPER SAUCE

12 red sweet peppers	1 tablespoon salt
1 red hot pepper	3 cups brown sugar
Water	2 cups vinegar

Remove seeds from peppers and put through grinder, using fine knife. Let stand 30 minutes in water to cover, with 1 tablespoon of salt. Drain. Add sugar and vinegar and cook all together until thick. Pour into hot sterilized jars or bottles and seal when cool. Let stand 4 weeks before using.

• • •

The following recipe from the West Indies is called "Poor Man's Sauce" because it makes all cuts of meat taste good—that is if one likes hot sauce! Down there it is made with a pound of assorted red hot peppers, without removing the seeds, and each family's kitchen garden contains several pet varieties of hot peppers, as well as the sweet ones. The original recipe reads

"1 pint brine from salt pork or salt beef barrel," which might well have been appropriate right here in the United States a generation ago. Our housekeeper in Mandeville, Jamaica, who first introduced me to this sauce, said of the freshly made bottles, "It not so cross, Mistress, if he stand long time." However, that sauce never became mild enough for this family's gullet. The following recipe can be made as hot or as mild as one wants, according to the number of chili peppers used, and for a sharp, tart sauce it cannot be beaten. Here it is:

POOR MAN'S SAUCE

**1 pound sweet green
peppers**

**Red hot or chili peppers,
as desired**

1 pound shallots

**1 pint white vinegar,
or more**

**1 pint salt brine, 5% solu-
tion (1½ tablespoons salt
per pint water)**

**Mustard seeds, bruised, if
desired**

Remove seeds and white membrane from peppers and slice fine, or shred. Peel shallots and prepare the same way. Bring vinegar to a boil; pour hot vinegar over the prepared peppers. Bring brine to a boil, strain through a cloth onto shallots and let peppers and shallots stand for 1 to 3 days. Drain peppers and boil vinegar with ½ cup of brine drained from shallots; set aside remaining brine. Pack hot sterilized jars or bottles with 2 parts peppers to 1 part shallots, adding mustard seeds if desired. Mix vinegar and brine in proportion of 4 parts vinegar to 1 part brine, bring to a boil and fill jars to overflowing and seal. Let ripen 6 weeks or more before using.

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PLUMS

The best plums for jams and preserves are the wild plum and the wild beach plum. These are small tart varieties, a true plum color when ripe, and are to be found mostly in poor, sandy soil, inland and all up and down the Atlantic coast line. When preserving cultivated varieties, include many half-ripe fruits, or a few tart apples, so the finished product will jell. A ripe plum contains little or no pectin. The flavor of plum preserves is improved by leaving in the pits, but the unwary eater thereof should be forewarned.

PLUM CONSERVE No. 1

1 pound fresh prune plums	1 teaspoon salt
½ orange, pulp and peel	¼ cup seedless raisins
Water	2 tablespoons chopped
1½ cups sugar	nuts

Wash, pit and cut up plums; chop orange, and cook fruits in small amount of water 20 minutes. Stir in sugar, salt and raisins. Boil slowly until thick. Add nutmeats, and pour into hot sterilized jars and seal.

PLUM CONSERVE No. 2

6 pounds prune plums	1 cup raisins
3 oranges	2 cups chopped nuts
2 lemons	Dash of salt
5 pounds sugar	

Wash prunes and remove pits. Add juice from citrus fruits. Scrape white membrane from peel of oranges and lemons and cut peel into thin strips. Mix all ingredients except nuts, stirring over low heat until sugar is melted. Boil until mixture thickens. Add nuts, stir well and pour into hot sterilized glasses; seal when cool.

PLUM CONSERVE No. 3

7 pounds plums,	½ teaspoon salt
any variety	1 pound seedless raisins
2 oranges, chopped	1 cup chopped nutmeats
5 pounds sugar	

Wash plums. Chop oranges, pulp and peel. Boil plums in a little water until soft and pulpy. Put through food mill or colander and mix with sugar, salt and oranges, stirring until sugar is melted. Add raisins and boil 20 minutes, or until mixture is slightly thickened. Add nutmeats, and pour into hot sterilized glasses and seal when cool.

PLUM AND RASPBERRY JAM

½ cup water	Sugar
2 cups raspberries	Lemon juice
4 cups Satsuma plums	

Put ½ cup water into pan; add washed raspberries and unpeeled, diced plums and bring to a boil, crushing fruit slightly to start juice flowing. When it has come to a boil, remove from heat and measure. Add ⅔ cup sugar and 2 tablespoons lemon juice for each cup of fruit. Boil until it thickens, stirring occasionally to prevent its scorching. When slightly thickened, pour into hot sterilized jars and seal. This jam will thicken after it is in the jar.

RAINBOW CONSERVE

12 peaches	2 oranges
4 red plums	Sugar
4 blue plums	2 cups chopped nutmeats
1 pound white grapes	Pinch of salt
1 cup grated pineapple	
(1 #1 flat can)	

Rub fuzz off peaches with a dry cloth; wash and dice peaches and plums, removing pits. Cut grapes in half and remove seeds; drain juice from pineapple. Put oranges through food grinder, and measure all fruits by cups. Add $\frac{3}{4}$ cup sugar for each cup of mixed fruit and juices. Put into kettle and stir well until sugar dissolves. Boil, stirring occasionally to prevent scorching, until sufficiently thickened, about 30 minutes. Stir in nuts and pour into hot sterilized glasses and seal. Makes about twelve or thirteen 6-ounce glasses.

DAMSON PLUM PRESERVES No. 1

Damson plums	Water
Sugar	Salt

Wash plums, remove stem and blossom end; drain, and prick each plum with sharp fork in three or four places. For each pound of fruit use $\frac{1}{2}$ cup water, a dash of salt, and $\frac{3}{4}$ pound of sugar. If plums are very tart, use 1 pound sugar. Dissolve sugar in the water and bring to a boil; add plums, and simmer until fruit is clear and tender and syrup sheets from spoon. Let stand until cool. Pour into hot sterilized jars and seal.

DAMSON PLUM PRESERVES No. 2

(Oven Method)

Damson plums**Salt****Sugar**

Wash and weigh fruit, using some unripe fruit, and weigh out an equal quantity of sugar. Add 1 teaspoon salt to each 4 cups sugar. Set oven at 350°F., and put well-mixed sugar and fruit into large, flat pan. Place in oven for 3 hours, stirring occasionally to be sure it does not stick to pan. Pour into hot sterilized jars and seal. This makes a thick sauce, with unbroken fruit, and has an excellent flavor.

SPICED DAMSON PLUM JAM**2 pounds Damson plums****½ teaspoon cloves****3 cups sugar****1 teaspoon cinnamon****½ teaspoon allspice****⅛ teaspoon salt**

Wash and cut up plums, place in large kettle and heat slowly; when warm, mash with a potato masher until juice is flowing well. Remove pits after cooking. Add sugar, spices and salt; boil slowly until thick, stirring now and then to prevent sticking. This may take from ¾ to 1 hour. When thick, pour into hot sterilized glasses and seal. Makes about 3 pints of jam. This can be made without spices, if desired.

HASTY CHUTNEY**1 jar Damson plum jam****1 small jar mustard
pickles**

Chop mustard pickles fine, or put into blender; mix with jam and serve.

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PUMPKINS

Pity the poor pumpkin; pie or jack o'lantern, pie or jack o'lantern, interminably, year after year! Lots of potential jams and preserves are sent to the garbage pail yearly with each passing Hallowe'en.

PUMPKIN MARMALADE

**2 pounds prepared
pumpkin**

2 lemons

1 quart water

¼ cup vinegar

**1 teaspoon powdered
ginger**

3 cups sugar

½ teaspoon salt

Prepare pumpkin by following method: Peel outer skin from pumpkin, remove seeds and fiber and cut into ½-inch oblongs. Weigh. Squeeze lemons and reserve juice. With sharp knife, cut yellow rind from lemon peels and add with water and vinegar to pumpkin; boil until pumpkin is tender, from 10 to 15 minutes. Stir in ginger, sugar, salt and lemon juice. Cook until syrup thickens slightly. Let stand until cool; stir and pour into hot sterilized glasses and seal. Makes about eight 6-ounce glasses.

ITALIAN PICKLED PUMPKIN

2 pounds prepared pumpkin	1 teaspoon peppercorns
Olive oil	1 teaspoon powdered basil
3 cups wine vinegar	3 tablespoons mustard seed
2 cloves garlic, peeled	¼ cup sugar
1 tablespoon celery seed	

To prepare pumpkin, cut into pieces, peel off outside skin, remove seeds and fiber, and dice pumpkin. Heat enough olive oil to cover bottom of frying pan and lightly saute pumpkin until softened and browned. Pack into hot sterilized jars. Bring remaining ingredients to a rolling boil, and fill jars to overflowing and seal. Makes about 3½ pints.

PRESERVED PUMPKIN CHIPS

6 pounds pumpkin	3 lemons
2 ounces green ginger root or ¼ pound crystallized ginger	6 cups sugar
	½ teaspoon salt
	1 cup water

Peel outer skin from pumpkin, remove seeds and fiber, and cut into ½-inch oblongs. Peel ginger and cut into thin slivers, and slice lemon thinly. Mix all ingredients and let stand overnight. In the morning, boil until pumpkin chips become transparent and syrup thickens, stirring now and then to prevent scorching. If chips are transparent and tender before syrup is thick enough, remove pumpkin with ladle and cook syrup until thick. Pour into hot sterilized jars and seal.

OLD-FASHIONED PUMPKIN BUTTER

1 large pumpkin	2 tablespoons whole
1 tablespoon salt	cloves
1 quart clear molasses	6 sticks cinnamon
	1 tablespoon allspice

Cut pumpkin into quarters and remove seeds and fiber. Place in an open pan and bake in 375°F. oven until soft. When tender, cool, and scrape the meat from skin and put through food mill. Take 2 quarts sieved pumpkin, add salt and molasses and boil 10 minutes; add spices in a bag and cook until thick. Remove spice bag and pour into hot sterilized glasses and seal.

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QUINCES

Somewhere I once read that our word marmalade comes from the Portuguese word for quince, which is "marmelo." At first, marmalade was used only to describe quince jam, but it later became the general word for all fruit jams of a certain kind. The quince is an historic fruit, and has been used in cookery, and as a household aid to purify the air and perfume linen, since 'way back. My most vivid knowledge of quinces is the sore fingers I get from trying to cut the raw fruit when quartering them for making jelly. Even when left on the tree until the frost softens them a bit, they are still a menace to even a very sharp knife; but they are so good as jelly that all is forgiven. The fruit of the decorative flowering quince shrubs

can also be used for jelly, and like the pips of the *Rosa Rugosa*, are high in Vitamin C. They were used extensively in England during World War II, when fruits and vegetables were so scarce.

QUINCE JELLY

Quinces

Water

Sugar

Wash quinces, remove spots and imperfections from fruit, and cut into quarters. Cover with water and boil until mushy. Put into jelly bag and allow to drip overnight. Measure 1 cup juice to $\frac{3}{4}$ cup sugar and boil quickly until jelly test is reached. Skim before pouring into hot sterilized glasses, and seal while hot.

HEAVENLY JELLY

12 large quinces

Sugar

24 red apples

$\frac{1}{2}$ teaspoon salt

1 quart cranberries

Cut up quinces and peel without removing core and seeds. Cover with water, cooking until tender. Quarter apples and add a little water; cook until tender. Wash berries and cook with a little water until tender. Drain fruits separately overnight in jelly bags, then combine and measure juice. To each cup juice add $\frac{3}{4}$ cup sugar and boil, not cooking more than 4 cups of juice at a time. If a very sweet jelly is desired, use 1 cup sugar to each cup juice. When jelly test is reached, pour into hot sterilized glasses and seal. For fruit butter, put pulp in jelly bag through food mill and cook with equal amount of sugar until thick. Pour into hot sterilized glasses and seal. These make a lovely pink product.

QUINCE AND CRANBERRY JELLY

2 quinces	4½ cups water
2 apples	5 cups sugar
½ pound cranberries	Pinch of salt

Wash fruit; remove stems and blossom ends from quinces and apples, and put through coarse blade of food grinder. Put into kettle with cranberries and water and simmer, covered, until soft and mushy. Put into jelly bag and let drip overnight. Heat juice; add sugar, and boil rapidly until jelly test is reached. Pour into hot sterilized jars and seal when cold. Makes about 12 or 14 small glasses.

QUINCE CONSERVE

(Made in a Blender)

1 pint water	1 orange
2 quinces, or 1 very large one	2½ cups sugar
1 lemon	1 cup raisins

Put a little water into blender with cut up quince and citrus fruit and let run 2 minutes. Combine remaining ingredients with fruit and boil quickly until thick. Pour into hot sterilized glasses and seal when cool.

PICKLED QUINCES

2 pounds quinces	4 cups sugar
2 cups vinegar	2 sticks cinnamon
1 cup water	1 tablespoon whole cloves

Peel and core quinces, and cut into slices; cover with boiling water and cook until nearly tender. Drain. Mix vinegar, water,

sugar and spices and boil 5 minutes. Add quinces and boil until the slices are clear and tender. Pour into hot sterilized jars and seal. Spices may be put into a bag or not, as desired.

QUINCE CHIPS

7 pounds quinces

9 pounds sugar

8 oranges

Peel and cut quinces into thin strips. Peel oranges thinly, and boil peel of 5 of them until tender, changing water once. Cool, scrape off the white membrane and cut into thin strips with scissors. Remove skin from orange segments with a sharp knife and cut up the pulp. Combine the juice with fruit and sugar. Boil slowly, stirring occasionally to prevent scorching, until sugar is melted. Boil until jelly test is reached. Pour into sterilized glasses and seal.

QUINCE PASTE

Quinces

Sugar

Water

Salt

Cut ripe quinces in half and cover with water in kettle; boil until soft. Put through food mill, measure or weigh, and cook the pulp until it becomes thick. Take $\frac{3}{4}$ amount of sugar and a pinch of salt, and cook with fruit 30 minutes. Rinse glass pie plates with cold water and fill with mixture. Cover with a cloth and let stand 2 days, then turn paste onto a board, cover with cloth, and let stand until hard. Sprinkle with sugar and cut into squares like fudge. This will keep indefinitely if stored in a tin box. Peaches and pumpkins can be treated the same way.

QUINCE AND PEAR JAM

6 cups quince pulp

4 cups pear pulp

7 cups sugar

2 cups water

Salt

Wash and cut up quinces, cover with water, and cook until tender and mushy. Drain and use liquid for making quince jelly. Meanwhile wash and cut up pears and cook, covered with water, until tender. Put through food mill, and measure. Put quinces through food mill to remove seeds and cores, and measure. Put measured pulp puree into kettle with sugar, salt and water, and cook, stirring to prevent scorching, until thick. Pour into hot sterilized glasses and seal. This is sometimes called Quince and Pear Honey.

QUINCE BUTTER

Quince pulp

Sugar

Water

Use the quince pulp remaining after juice has dripped for jelly. Use 2 cups sugar for each cup of pulp. Moisten pulp with 3 cups water for each cup of pulp and stir sugar in. Cook until thickened and pour into hot sterilized glasses and seal when cool.

FOR CONSERVE: Take pulp to any amount. Chop fine 2 oranges and 2 lemons and mix with pulp and $\frac{3}{4}$ cup sugar per cup of pulp. Boil until thick, add chopped nutmeats, if desired; pour into hot sterilized jars and seal.

QUINCE AND GINGER BUTTER

Quince pulp

Green ginger root

1 orange

Juice of 1 lemon

Sugar

Use the quince pulp remaining after juice has dripped for jelly. Scrape ginger root and put with cut up orange into blender with 2 tablespoons lemon juice, mix with quince pulp, and measure. Mix with $\frac{3}{4}$ cup sugar to each cup of fruit mixture and cook until thickened. Pour into hot sterilized glasses and seal when cool.

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RADISHES

Is there ever a garden without a surplus of radishes? As the first early vegetable, they are a crisp delight; but as the crop increases, one's taste wanes. Instead of feeding them to the chickens, gather the radishes at their peak, and try the following tangy pickle.

RADISH RELISH

2 red hot peppers	2 teaspoons salt
1 pound radishes, coarsely ground	1 cup sugar
1 cup celery, coarsely ground	1 tablespoon mustard seed
1 cup mild onions, coarsely ground	$\frac{1}{2}$ tablespoon dill seed
	Vinegar

Remove seeds from peppers and cut into strips; combine all ingredients and let stand 3 hours with vinegar to cover. Bring to a boil and cook 10 minutes. Pour into hot sterilized jars and seal.

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RHUBARB

Rhubarb, the old-fashioned pie plant, also known as garden sass, is a most gratifying green. It requires little care, it looks pretty all season long, and if one cuts only young stems, it will grow way into summer, and not only in spring as is generally thought. It also gives a fine flavor to jams and relishes. The pink varieties make a prettier jam than the green, and are not so acid, requiring less sugar when cooked. You already know, I am sure, that only the stems are edible. The leaves contain a poisonous acid.

GOLDEN JAM

3 oranges**4 cups sugar****3 cups grated raw carrot****½ teaspoon salt****6 cups diced rhubarb**

Seed and cut up oranges; put through grinder with carrots. Mix all ingredients and let stand overnight. Bring to a boil and cook until rhubarb is transparent and mixture is thickened. Pour into hot sterilized jars and seal.

RHUBARB AND STRAWBERRY JAM

1 quart strawberries**3 cups sugar****1 pound rhubarb****½ teaspoon salt****1 cup water**

Hull strawberries and cut rhubarb into pieces; put into kettle with water. Boil until soft and mushy, add sugar and salt,

and continue boiling, stirring frequently, until desired consistency is reached. Let cool. Pour into hot sterilized jars and seal.

RHUBARB CONSERVE

2 oranges	6 cups sugar
1 lemon	½ teaspoon salt
6 cups rhubarb, cut into pieces	1 cup seeded raisins

Cut slivers of rind from oranges and lemon with vegetable peeler and squeeze out juice, discarding pulp. Put into kettle with rhubarb, sugar and salt, stirring until sugar is dissolved; add raisins and cook until mixture is thick, stirring now and then to prevent scorching. When thick, pour into hot sterilized glasses and seal. Strawberries or currants give a lovely color to this, and may be added with the rhubarb, if desired. Makes about six 8-ounce glasses.

RHUBARB RELISH

4 cups diced rhubarb	1 teaspoon salt
4 cups thinly cut onion	1 teaspoon cinnamon
2 cups vinegar	1 teaspoon allspice
3 cups tightly packed brown sugar	½ teaspoon black pepper
	½ teaspoon cloves

Mix all ingredients and boil until thick. This may take an hour, or a little longer; stir to keep from scorching. Pour into hot sterilized jars and seal. One clove garlic, peeled and minced, may be added to this if desired.

RHUBARB JAM WITH GINGER No. 1

4 pounds rhubarb (preferably pink)

1 tangerine

1 lemon

½ pound ginger root, peeled and grated

Sugar (4 to 5 pounds, according to taste)

Wash and cut rhubarb into 1-inch pieces. Peel tangerine and cut peel into thin strips; remove skin from sections. Cut outer peel from lemon with vegetable peeler; add juice from ½ of lemon. Put grated ginger root into a bag and mix all ingredients together, using 4 pounds sugar, and let stand overnight. In the morning, stir and bring to a boil, and cook 5 minutes; skim the fruit out, test syrup for sweetness, adding more sugar, if necessary, and boil the syrup 30 minutes. Return fruit, and boil about 10 minutes longer, stirring frequently. Remove ginger root and pour jam into hot sterilized glasses and seal.

RHUBARB JAM WITH GINGER No. 2

2 ounces green ginger root

7 pounds rhubarb, diced

5¼ pounds sugar (about)

½ teaspoon salt stirred into sugar

1 pound crystallized ginger, chopped

Peel ginger root and dice or grate. Mix rhubarb and ginger root and put into kettle with layers of sugar between; let stand overnight, stirring now and then the first hour to be certain sugar starts to melt. In the morning, pour off the juice and boil it hard for 10 minutes. Pour it back over the rhubarb and let stand overnight again. The next morning, bring the whole mixture to a boil, and add the chopped crystallized ginger and boil until thick, about 30 minutes. Stir to prevent scorching. Pour into hot sterilized glasses and seal.

SPRING CONSERVE No. 1

- | | |
|---|-----------------------------------|
| 1 small fresh ripe
pineapple | 4 cups hulled strawberries |
| 2 cups diced rhubarb | ½ teaspoon salt |
| | 5 cups sugar |

To shred pineapple, slice off top and bottom, cut out eyes, peel from sides and cut crosswise, removing hard core from center. Cut with large knife or grater, or pull apart with two forks. Cook in its own juice for 10 minutes. Add remaining ingredients, except sugar, and cook 20 minutes. Add sugar and stir until sugar melts; simmer until thick. Stir now and then to prevent scorching. Test for sweetness—it may need more sugar. Pour into hot sterilized glasses and seal.

SPRING CONSERVE No. 2

- | | |
|---|---|
| 10 cups strawberries | 1 lemon rind, thinly cut |
| 10 cups rhubarb, cut fine | 1 teaspoon salt |
| 1 medium can crushed
pineapple | 14 cups sugar (more, if de-
sired) |
| 1 cup currant juice | |

Preheat oven to 375° F. Hull berries, crush lightly so they do not lose their shape; mix all ingredients together in a large flat pan and bake in oven for 1 hour. Remove from oven and put into kettle and boil, adding more sugar if it is needed, until the juice reaches the jelly stage. Pour into hot sterilized glasses and seal. Makes about 10 pints.

42

ROSE HIPS

In England, during the World War II, it was discovered that the seeds from the sweet briar rose, and *rosa rugosa* contain large amounts of Vitamin C (ascorbic acid), and can be made up into an excellent jam or jelly. As the American country-side abounds in these roses, which grow wild in all parts of the U.S.A., it would seem sensible to include a few recipes in this collection. The hips are best picked when fully ripe, and if you live in a section of the nation where a light frost comes that early, wait for a frost before picking them. Remove the stiff hairs from calyx end, split open, and scrape out the seeds. After this operation, carefully wash and measure the amount required.

ROSE HIP JAM

1 orange

1 lemon

1 cup water

1½ to 2 cups sugar

**1½ cups prepared rose
hips**

Sliver the peel of orange and lemon and boil peel in water 5 minutes. Add sugar and stir until dissolved, then add prepared rose hips with the juice of the orange and lemon; boil covered for 15 minutes. Then uncover and boil until the hips are clear and transparent and syrup is thick. Pour into hot sterilized glasses and seal.

ROSE HIP JELLY

Rose Hips

Water

Sugar

Wash hips, and to 1 pound hips add 1 cup water and boil until fruit is soft. Put through a fine sieve to remove seeds. (I remove them first, as described above—more trouble, but safer for a good jelly.) Measure and heat liquid; when simmering add an equal amount of sugar and boil quickly to jelly stage. Pour into hot sterilized glasses and seal when cool.

SWEET BRIAR ROSE HIP JAM

**2 cups hips, before
seeding**

1½ cups sugar

1 cup water

2 tablespoons lemon

juice

Prepare hips as described above and measure 1 cup. Boil sugar and water 4 minutes, add hips and lemon juice and boil, covered, 15 minutes; uncover and boil 5 minutes more. The berries should be clear and transparent and syrup thick. When done, pour into hot sterilized glasses and seal. If hips are very ripe before frost has touched them, add more lemon juice to each cup of hips.

43

STRAWBERRIES

Strawberries are a general favorite. Wash them before hulling; then if the meat is torn or bruised, less of their delicate flavor is washed down the drain.

The reason strawberries and other small fruits and berries often float to the top of a jar of jam or preserves is that the heat of cooking extracts their juices and leaves them lighter in weight than the syrup. Allow them to reabsorb their full weight by remaining in the kettle of syrup overnight. Shake the kettle once or twice to turn them over; stirring might bruise them.

ELSIE'S STRAWBERRY JAM

1 pound strawberries

1 pound sugar

Wash, pick over and hull berries; cover with sugar and allow to stand several hours, or overnight. Put in kettle over heat and boil slowly 5 minutes. Remove berries with slit ladle and boil juice 10 minutes; return berries to kettle and boil 5 minutes more. Allow to cool in syrup, shaking kettle occasionally to redistribute the fruit. When jam is cool, pour into hot sterilized glasses and seal.

HEAVENLY STRAWBERRY JAM

4 cups perfect strawberries

5 cups sugar

½ cup lemon juice

Put berries into large kettle with sugar sprinkled over them and let stand 4 to 5 hours; then put over low heat and bring to a boil; let boil 8 minutes, add lemon juice, and cook 2 minutes more. Cool in kettle, skim and shake occasionally to distribute fruit evenly. Pour into hot sterilized glasses and seal.

STRAWBERRY RHUBARB CONSERVE

2 pounds strawberries

2 pounds rhubarb

3 pounds sugar

2 cups chopped nutmeats

½ teaspoon salt

Wash and hull berries; wash rhubarb and slice it, unpeeled, in inch-long pieces. Mix strawberries with half the sugar, and the rhubarb with the remainder, and let stand 3 hours. Mix together and boil quickly until thick, about 25 minutes. Add nuts, stir in well, bring to a boil, and pour into hot sterilized glasses and seal.

44

TANGERINES

Tangerines do not keep well, and often one can buy them in the markets for the proverbial song. They make a delicious marmalade, tangy and tasty, and somewhat different from other citrus marmalades. From the bowl of Thanksgiving or Christmas fruits, extract some tangerines and put up a few jars of preserves.

TANGERINE MARMALADE**4 tangerines****3 or 4 cups sugar****2 lemons****½ teaspoon salt****Water or orange juice**

Wash fruit. Peel only the tangerines, cutting the peel into shreds with a sharp knife. Remove skin from segments and cut into pieces. Slice whole lemons thinly and remove seeds. Combine fruits and peel, and measure, using an equal amount of water; put into kettle, cover and simmer until fruit is tender. Measure again, and, if necessary, add water or orange juice until you have one quart. Add salt and 3 cups of sugar, and boil. Stir until sugar dissolves and test for sweetness. This marmalade should be quite tart, but add more sugar, if desired, and boil rapidly until jelly test is reached. Pour into hot sterilized glasses and seal. Makes about six 8-ounce glasses.

PICKLED TANGERINES

Tangerines	1 stick cinnamon
1 cup water	10 whole cloves
1 cup cider vinegar	5 whole allspice
2 cups sugar	1 lemon, sliced thin

Use firm tangerines of uniform size; wash and spear each one all the way through 5 or 6 times with a knitting needle or an ice pick. Make a brine of 1 quart water to 4 ounces salt, and submerge fruit overnight. In the morning, put tangerines in a large kettle of cold water and boil gently until tender, changing the water at least once (twice if you think of it) during the boiling time. Remove fruit with ladle and make a syrup of remaining ingredients. Stir until sugar is dissolved, add tangerines and boil until fruit is somewhat clear and syrup thickened. Let stand 24 hours. Bring again to a boil, and cook until fruit is transparent and syrup is thick and heavy. Put tangerines into hot sterilized jars, pour boiling syrup over them to overflowing, and seal while hot.

45

TOMATOES

Readers who are not gardeners will wonder why recipes for ripe tomatoes are listed before those for green tomatoes, for everyone knows tomatoes are green before they are red. But home gardeners know how one waits lovingly for every last little green fellow to turn red before daring to use the remaining crop as "green tomatoes." Then, when a frost is predicted, the vines are pulled out and hung in a cool place "down cellar," and the orgy of putting up the "greenies" starts. And believe me it is an orgy, because every member of the family has a special favorite which should be made "first!"

The most generous donors to the green tomato stage are the cherry tomatoes. They bear profusely and never can be all used up in any way but as pickles; they make a remarkably good mouthful with cocktails when dilled. Be sure to include a few of these in your repertoire.

Though green tomatoes need not be peeled, a simple way to peel ripe tomatoes is to steep them in boiling water for a minute or two, then, when the skin wrinkles, put them in a colander or strainer, cool them under running water, and the skins will slip off in a jiffy.

In many of the following recipes, the tomato juice is not always used. When it is discarded, reserve it for making soups or tomato cocktails, as it is too healthful, and too good, to be wasted.

TOMATO CATSUP No. 1

12 pounds tomatoes	$\frac{3}{4}$ cup sugar
2 or 3 onions, sliced	$2\frac{1}{2}$ teaspoons salt
1 cup vinegar	1 teaspoon paprika
1 tablespoon whole cloves (tied in bag)	$\frac{1}{2}$ teaspoon pepper

Wash and slice tomatoes, and boil until soft and pulpy. Put sliced onions in separate pan and barely cover with water; simmer until soft and pulpy. Put both vegetables through food mill or sieve and boil until reduced to half the amount. Meanwhile, combine vinegar and cloves in an enamel kettle and simmer 30 minutes; bring to a boil, cover and remove from heat. Add sugar, salt, paprika and pepper to tomato mixture, also vinegar with spice bag removed, and boil together 10 minutes, or until desired consistency is reached. Pour into hot sterilized wide-mouthed bottles or jars and seal.

TOMATO CATSUP No. 2

$12\frac{1}{2}$ quarts cooked,	3 cups sugar
strained tomato pulp	1 teaspoon cayenne
$4\frac{1}{2}$ teaspoons whole	pepper
cloves	1 teaspoon paprika
12 cloves garlic	$1\frac{1}{2}$ quarts cider vinegar
$\frac{1}{4}$ cup salt	

Boil tomato pulp until reduced to half original amount. Tie cloves and garlic into cheesecloth bag, and add to tomatoes with remaining ingredients. Boil slowly, stirring now and then, until mixture thickens; when sufficiently thick, but still liquid, pour into hot sterilized bottles or jars and seal while hot. Makes about 10 pints.

CHILI SAUCE No. 1

- | | |
|--|---|
| 8 quarts ripe tomatoes,
peeled and sliced | 4 cloves garlic, peeled |
| 4 onions | ½ cup salt |
| 2 tablespoons celery seed | 2½ cups sugar |
| 3 sticks cinnamon | 3½ cups cider vinegar,
approximately |
| 2 teaspoons mustard seed | 2 green peppers,
if desired |
| 1 teaspoon whole cloves | |
| 1 teaspoon peppercorns | |

Scald tomatoes, slip off skins; cut out white cores, and cut up tomatoes until you have 32 cups, or 8 quarts. Strain, and cook juice separately until reduced to half in amount, then add to tomato pulp in large kettle and boil hard. Chop onions, put with spices and garlic into a cheesecloth bag, and add to tomatoes; when the bulk of the tomatoes is reduced about half and seems almost too thick for Chili Sauce, add the salt, sugar and vinegar to taste and consistency. Boil 5 minutes more, remove bag of spices, and pour sauce into hot sterilized jars and seal immediately. This should be just thick enough to pour readily. Makes about 4 or 5 quarts of sauce.

To change this recipe to Catsup, cook with garlic, onions and spices not tied in a bag, but put through fine knife of grinder, and strain.

CHILI SAUCE No. 2

- | | |
|---|--|
| 25 large ripe tomatoes | 2 teaspoons black pepper |
| 3 sweet red peppers | 1 pint cider vinegar |
| 1 small bunch of celery | 1½ cups light brown sugar |
| 6 onions | 2 tablespoons salt |
| 3 cloves garlic, minced | 1 teaspoon English mus-
tard mixed to paste
with a little vinegar |
| 2 tablespoons whole all-
spice (tied in bag) | |

Scald, cool and peel tomatoes and cut them into pieces; squeeze out all easily removed juice and seeds, and discard. Put pulp into large kettle and boil rapidly until soft and mushy. Remove clear liquid as it comes to the top while cooking. Remove seeds from peppers and chop fine with celery and onions; when tomatoes seem thick, add other vegetables and remaining ingredients and boil about an hour and a half, removing spice bag after the first 30 minutes. Occasionally stir and test for seasoning, and add more seasoning if needed. When it reaches a good thick consistency, pour into hot sterilized jars and seal.

CHILI SAUCE No. 3

½ pound sweet green peppers	1 tablespoon salt
½ pound sweet red peppers	1 tablespoon celery seed
7 pounds ripe tomatoes, cored, peeled	½ teaspoon whole allspice
1 cup chopped onions	½ teaspoon whole cloves
1 bay leaf	1 teaspoon mustard seed
	½ cup sugar
	1½ cups cider vinegar

Remove seeds from peppers and chop with rest of the vegetables. Add salt, and spices tied in cheesecloth bag, and simmer until mixture begins to thicken. Add sugar and vinegar and stir now and then to prevent scorching until mixture is a thick sauce. Remove spice bag and pour into hot sterilized jars and seal. Makes about 3 pints.

CANNED TOMATO CHILI SAUCE

- | | |
|---------------------------------|--------------------------------|
| 2 cups canned tomatoes | ¼ teaspoon ground |
| 1 large onion, minced | cinnamon |
| ½ teaspoon salt | ¼ teaspoon ground black |
| ¼ teaspoon cayenne | pepper |
| pepper | ½ cup white vinegar |
| ¼ cup sugar | 2 tablespoons minced |
| ¼ teaspoon ground cloves | green pepper |

Combine all ingredients except green pepper, and simmer 1 hour. Add green pepper and simmer ½ hour more; pour into hot sterilized bottle or jar. Seal. Makes about 1½ cups.

TOMATO CHUTNEY No. 1

- | | |
|-----------------------------------|---------------------------------|
| 10 large ripe tomatoes | 3 gloves garlic, peeled |
| 2¼ cups cider vinegar | and minced |
| 1 lemon , ground or | ¾ cup chopped citron |
| chopped | ¾ cup watermelon rind |
| 2 cups chopped tart apples | pickle (page 114) |
| (unpeeled) | ¼ cup salt |
| 1½ cups seeded white | 2 cups brown sugar |
| raisins | 2 teaspoons dry mustard, |
| 1 cup seedless raisins | mixed into paste with |
| 1½ cups chopped white | ■ little vinegar |
| onions | 1 teaspoon cayenne |
| ¾ cup chopped crystal- | pepper |
| lized ginger | |

Scald, peel and dice tomatoes; drain and discard seeds and liquid; cook in the vinegar. Seed the lemon and put through food grinder or chop fine; add to tomatoes and boil 30 minutes. Then add remaining ingredients and boil slowly, stirring occasionally to prevent burning, until well thickened. This will take over an hour; taste for seasoning, and add more if needed. When thickened, pour into hot sterilized jars and seal. Makes about 2 quarts.

TOMATO CHUTNEY No. 2

(Hillside Chutney)

3 pounds ripe tomatoes	1½ ounces mustard seed,
1½ quarts vinegar	bruised
3 ounces ginger root, or	1 ounce garlic, peeled
crystallized ginger,	2½ pounds sugar
chopped	¼ pound salt
1½ pounds seeded raisins	1½ teaspoons cayenne

Scald tomatoes in boiling water, cool and peel; cut them into pieces and boil them in $\frac{3}{4}$ quart of vinegar 20 minutes. Scrape ginger root and put through grinder with raisins, mustard seed and garlic. Add sugar to remaining $\frac{3}{4}$ quart of vinegar and boil hard 20 minutes, stirring until sugar is melted; add remaining ingredients, except tomatoes, to vinegar and continue boiling 20 more minutes. Add tomatoes and cook, stirring often to prevent burning, until thickened. Pour into hot sterilized jars and seal.

TOMATO CHUTNEY No. 3

- | | |
|-------------------------------|-------------------------------|
| 4 pounds ripe tomatoes | 1 pound apples, peeled |
| 3 onions, chopped fine | and chopped |
| 1 pint vinegar | 1 teaspoon cinnamon |
| 2 cups brown sugar | 1 teaspoon mustard |
| 1 cup seedless raisins | ½ teaspoon cayenne |
| | 2 tablespoons salt |

Scald tomatoes, cool and peel. Chop them, add remaining ingredients and boil hard until chutney is thick and clear. Test for seasoning, add more if necessary. Pour into hot sterilized jars and seal.

UNCOOKED TOMATO CHUTNEY

- | | |
|----------------------------------|-------------------------------|
| 8 ripe tomatoes | 1 green pepper, seeded |
| 1 cup vinegar | and chopped |
| 1½ cups brown sugar | 1 sweet red pepper, |
| 1½ teaspoons salt | seeded and chopped |
| 2 tablespoons grated | 1 large onion, chopped |
| horseradish | 1 large tart apple, |
| 2 tablespoons ground all- | chopped |
| spice | |

Scald, cool, peel tomatoes and cut into small pieces. Drain and discard juice. Stir vinegar, sugar, salt, horseradish and allspice until well blended. Add chopped vegetables and fruit and mix well. Let stand 24 hours, stirring occasionally. Pour into hot sterilized jars and seal.

TOMATO CHOW CHOW

- | | |
|---------------------------------------|----------------------------------|
| 6 large ripe tomatoes | 2 tablespoons brown sugar |
| 1 Spanish onion | 1 tablespoon salt |
| 1 red hot pepper
(capsicum) | ½ pint vinegar |

Scald tomatoes, cool, peel, and chop fine with onion and capsicum pepper. Put into kettle with remaining ingredients, and boil until amount is reduced to half. Taste for seasoning and pour into hot sterilized jar and seal.

ROYAL RELISH

- | | |
|--|--|
| 24 firm ripe tomatoes | 1 quart vinegar |
| 2 knob celery roots
(celeriac) | ¾ teaspoon cayenne |
| 2 young beets | 3 bay leaves, broken |
| 10 onions | 15 drops oil of clove |
| 10 medium-sized tart apples, peeled and cored | 9 drops oil of allspice |
| 5 large sweet green peppers, seeded | 8 drops oil of cinnamon or |
| ⅓ cup brown sugar | 1 teaspoon each of 3 whole spices tied in cheesecloth bag |
| 4 tablespoons salt | |

Scald, cool and peel tomatoes. Peel celeriac, beets, onions and chop with apples, peppers and tomatoes into kettle. Add sugar, salt, vinegar and cayenne; simmer 1½ hours, or until thick. If using whole spices, add with other ingredients. If using the spice oils, stir in just at end when relish has reached desired thickness. Pour into hot sterilized jars and seal while hot.

UNCOOKED TOMATO RELISH

12 pounds ripe tomatoes	1 cup sugar
6 large onions	2 pints vinegar
1 bunch celery	1 cup ground horseradish
2 green peppers, if desired	$\frac{1}{4}$ cup mustard seed
$\frac{1}{2}$ cup salt	1 teaspoon ground cinnamon

Scald, cool and peel tomatoes. Put all vegetables through coarse blade of food chopper. Mix salt into chopped vegetables and drain in jelly bag or colander. Squeeze out all moisture, then mix sugar and vinegar and spices and stir into drained vegetables. Let stand 1 hour, stir well, and seal in hot sterilized jars. Makes about 6 quarts.

SWEET PICKLED CHERRY TOMATOES

8 pounds cherry tomatoes	1 whole lemon, sliced
7 pounds sugar	Grated rind of 1 lemon
4 pints water	Pinch of salt
3 ginger roots	

Wash and dry tomatoes and prick each one with a sharp fork. Make syrup of sugar and water; when somewhat cooked down, add tomatoes and cook 10 minutes. Wash, scrape and grate ginger root, or cut on slaw grater; slice lemon and grate rind. Remove tomatoes with strainer and cool them. Add ginger, lemon, rind and salt to syrup and cook 15 minutes, return tomatoes and cook 30 minutes more, or until desired consistency is reached. Pour into hot sterilized jars and seal.

TOMATO BUTTER

5 pounds tomatoes

8 cups sugar

1 orange, sliced thin

1 lemon, sliced thin

½ teaspoon salt

Scald tomatoes, cool and remove skin; cut out core, and quarter, draining off all liquid. Put into bowl, cover with sugar, layer by layer, and let stand overnight. In the morning, drain the syrup which has formed into kettle, setting aside the tomatoes, boil the liquid until jelly test is reached (232°F. if you have a candy thermometer). Then add tomato pulp and orange and lemon slices with salt, and simmer until tomatoes and fruits are transparent. Pour into hot sterilized glasses and seal when cool. This recipe is also called Tomato Preserves, and with the addition of 1 cup raisins and ½ cup chopped nuts before pouring into glasses, it becomes a Conserve. By any name it is an awfully good spread for toast or hot biscuits.

TOMATO AND APPLE JELLY

2 pounds tomatoes

2 pounds under-ripe

Concord grapes

2 pounds tart apples

½ cup water

Sugar

After washing tomatoes and fruit, cut up into kettle and mash the grapes somewhat. If there appears to be sufficient liquid, the ½ cup water will be not necessary—otherwise add it and boil until fruit is soft and mushy. Put into jelly bag and drain. Measure liquid, and after it has heated 5 minutes, add an equal amount of sugar; boil rapidly until jelly test is reached, about 10 minutes. Pour into hot sterilized glasses and seal when jelly has cooled and set. Makes about six 8-ounce glasses.

TOMATO AND APPLE JAM

2 cups diced apples

1 pound tomatoes

**1 lemon, sliced and
chopped**

3 cups sugar

¼ cup water

Apples may be peeled or not, as desired. Scald, cool and peel tomatoes; dice. Combine all ingredients and boil until mixture thickens and looks clear, and the liquid sheets from spoon, stirring now and then to prevent scorching. Pour into hot sterilized glasses and seal.

MRS. BLANEY'S TOMATO MARMALADE

10 pounds ripe tomatoes

5 lemons

7½ pounds sugar

**½ to ¼ pound preserved
ginger, or crystallized**

ginger

1 teaspoon salt

Scald tomatoes; cool, peel and cut into small pieces. Slice 3 whole lemons very thin, and peel the other two before slicing. Mix all ingredients together and boil until thick and a rich dark brown in color, about 2 hours. Pour into hot sterilized glasses and seal.

TOMATO PRESERVES

15 ripe tomatoes
Sugar

1 large lemon, sliced thin
1 teaspoon salt

Scald and peel tomatoes; cut and press to remove as much liquid and seeds as will come out easily. Discard juice. Cut tomatoes in small pieces, measure by cups into pot, and add an equal amount of sugar; add sliced lemon and salt. Simmer or boil gently, stirring now and then to prevent its scorching, until thick. Takes from 20 to 35 minutes. Seal in hot sterilized glasses. Makes about four 6-ounce glasses.

YELLOW TOMATO JAM

4 pounds yellow tomatoes
1 lemon, sliced thin
3 cups water

**2 teaspoons powdered
ginger**
4½ cups sugar
½ teaspoon salt

Cook the sliced lemon in 1 cup water 20 minutes. Put ginger and sugar with 2 cups water into kettle and boil to the thin syrup stage, about 4 or 5 minutes. Add the washed and cut up tomatoes, ginger-syrup, salt, lemon and liquid it was boiled in, and boil until tomatoes are clear and syrup is thick. Stir to prevent scorching. Pour into hot sterilized jars and seal. Makes about 3½ pints of jam.



All green tomato pickles not chopped or ground should stand 3 or 4 weeks to ripen before being used.

UNCOOKED GREEN TOMATO PICKLES

Small green tomatoes

Vinegar

Salt

Spices

Whole peppercorns

Fresh horseradish root

Sugar, if desired

Garlic, if desired

Select small green tomatoes, of equal size, and wash well. Fit them tightly into preserving jars; if you wish them to be a "quick pickle," prick each one several times with a fork. Put vinegar into kettle with salt and desired spices and boil 10 minutes; pour into jars to overflowing, add a piece of peeled horseradish on top, and seal. Do not use for 3 months.

GREEN TOMATO PICKLES No. 1

**1 pint chopped or sliced
green tomatoes**

1 pint sliced cucumbers

3 cups cabbage, chopped

**¼ cup chopped green
pepper**

2 white onions, chopped

½ cup salt

1 tablespoon turmeric

**2 tablespoons horseradish
sauce**

**2 tablespoons mustard
seed**

1 teaspoon celery seed

**1½ teaspoons English
mustard**

3 cups sugar

3 cups cider vinegar

Combine vegetables, mix with salt, and drain overnight in jelly bag, or colander. Mix remaining ingredients and stir into vinegar until melted; pour over drained vegetables and boil gently for 10 minutes. Pour into hot sterilized jars and seal. Makes about 4 pints.

GREEN TOMATO PICKLES No. 2

12 medium-sized green tomatoes	2 teaspoons ground all-spice
2 sweet red peppers	2 teaspoons ground ginger
2 white onions	1 tablespoon ground cinnamon
½ cup salt	½ teaspoon celery seed
1 pound dark brown sugar	1 teaspoon mustard seed
1 quart vinegar	1 tablespoon English mustard
2 teaspoons ground cloves	

Put washed vegetables through coarse knife of grinder. Put salt and sugar into vinegar, with spices tied in a cheesecloth bag, and boil 10 minutes. Drain vegetables and add to boiling mixture and bring again to a boil. Simmer 10 minutes or so, until flavored, and pour into hot sterilized jars and seal.

VICTORIA'S GREEN TOMATO PICKLES

25 firm green tomatoes	2 cups sugar
12 white onions	2 teaspoons mustard seed
½ cup salt	2 teaspoons turmeric
2 quarts cider vinegar	2 teaspoons celery seed

Wash and thinly slice tomatoes and onions, cover them with salt and let stand 3 hours. Stir once to spread salt evenly. Mix remaining ingredients and bring to a good rolling boil. Drain vegetables, but don't wash off the salt, and add to the syrup. Again bring to a boil. Skim out the tomatoes and onions and fill hot sterilized jars $\frac{3}{4}$ full; when syrup is again at a full boil, fill jars to overflowing and seal.

PICCALILLI No. 1

1 quart green tomatoes, chopped	1 small cabbage, chopped
2 sweet red peppers, chopped	½ cup salt
2 sweet green peppers, chopped	3 cups cider vinegar
2 large mild onions, chopped	1 pound dark brown sugar
	2 tablespoons mixed pick- ling spices, tied in bag

Combine vegetables, mix with salt, let stand overnight. Drain and press out all liquid. Add remaining ingredients and simmer until mixture looks clear and seems thickened. Pour to overflowing into hot sterilized jars and seal. Makes about 3 pints. If desired use 2 tablespoons prepared mustard, instead of spices, for a Mustard Piccalilli. White sugar may also be added to this.

PICCALILLI No. 2

3 quarts green tomatoes	1 cup cider vinegar
4 white onions	½ cup sugar
2 green peppers	1 teaspoon celery seed
2 tablespoons salt	½ teaspoon ginger
1 cup water	½ teaspoon nutmeg

Grind vegetables with coarse knife in grinder, leaving seeds in peppers. Add salt with ½ cup cold water and let stand overnight. Drain well. Add ½ cup water and simmer for 20 minutes. Drain. Add remaining ingredients and cook until thick. Pour into hot sterilized jars and seal.

SWEET GREEN TOMATO RELISH

5½ pounds green tomatoes, chopped or sliced thin	1 cup brown sugar, firmly packed
6 onions, chopped or sliced thin	1½ teaspoons salt
½ cup salt	3 cups dark corn syrup
3 cups cider vinegar	1 tablespoon English mustard
6 green peppers, diced	1 tablespoon whole cloves
3 sweet red peppers, diced	1 stick cinnamon, crushed
4 cloves garlic, peeled and minced	1 tablespoon ginger
	1½ teaspoons celery seed

Combine tomatoes and onions, sprinkle with salt and let stand 3 hours. Rinse and drain. Heat vinegar, peppers, garlic, sugar, salt and corn syrup to a boil; add vegetables, with spices tied in a cheesecloth bag, and boil gently 10 minutes. Pour into hot sterilized jars and seal. Makes about 6 pints.

SOUR GREEN TOMATO RELISH

4 quarts green tomatoes	1 teaspoon cloves
¾ cup salt	½ cup white mustard seed
2 teaspoons pepper	2 quarts vinegar
3 teaspoons mustard	3 green peppers
1 teaspoon cinnamon	2 onions
1 teaspoon allspice	

Wash and chop tomatoes; add salt, cover and let stand 24 hours before draining. Stir the spices into the vinegar and heat to boiling point. Chop peppers and onions and combine all ingredients and boil 15 minutes. Pour into hot sterilized jars and seal.

GREEN TOMATO MUSTARD PICKLES No. 1

2 quarts green tomatoes	1 cup pickling salt
1 head white cabbage	3 quarts vinegar
2 cauliflower	8 cups brown or white sugar
6 green peppers	1 cup flour
6 red sweet peppers	1 tablespoon turmeric
2 quarts medium-sized cucumbers	1 pint prepared mustard
1 quart white onions	1 pint ground horseradish
3 bunches celery	3 ounces mustard seed
3 red hot peppers	

Wash and core tomatoes, cabbage and cauliflower; remove seeds from peppers: Put all vegetables through coarse knife of grinder and mix with the salt. Let stand 3 hours and drain

well through a fine sieve or muslin, removing all possible liquid. Heat vinegar to boiling point. Mix sugar, flour and turmeric together, and gradually add vinegar, stirring to a smooth sauce; add prepared mustard, horseradish and mustard seed, and continue adding the hot vinegar, stirring until all the vinegar is in the sauce. Bring to a good boil, add the drained vegetables and simmer 15 minutes, stirring constantly. Pour into hot sterilized jars and seal. Makes about 8 quarts.

GREEN TOMATO MUSTARD PICKLES No. 2

3 pints green tomatoes	2 quarts vinegar (approximate)
3 pints ripe tomatoes	
1 chili pepper	3½ cups sugar
3 red sweet peppers	½ cup prepared mustard
3 pints white onions	½ teaspoon cinnamon
1 bunch celery	½ teaspoon cloves
½ cup salt	½ teaspoon pepper

Remove cores from tomatoes and seeds from peppers. Put through grinder. Sprinkle with salt and let stand overnight. Drain. Add remaining ingredients, reserving some of the vinegar, and boil for 20 minutes. Taste and add more vinegar if mixture thickens too much before 20 minutes. Pour into hot sterilized jars and seal.

GREEN TOMATO MINCEMEAT No. 1

5 quarts green tomatoes	1 pound seeded raisins
5 quarts apples, peeled, cored	2 pounds brown sugar
2 pounds prunes, pitted	1 tablespoon salt
2 oranges, peeled	1 cup molasses
½ pound suet, chopped or ground	1 tablespoon nutmeg
1 pound seedless raisins	2 tablespoons cinnamon
	2 teaspoons cloves
	1 pint vinegar

Wash and core tomatoes; put through coarse knife of grinder with apples, prunes and oranges. Mix with remaining ingredients and bring to a boil. Boil gently until flavors are well blended and mixture becomes thick. Pour into hot sterilized jars and seal. Makes about 9 quarts.

GREEN TOMATO MINCEMEAT No. 2

8 quarts chopped green tomatoes	1 quart grape juice
3 pounds dark brown sugar	2 pounds seeded raisins
1 teaspoon salt	1 tablespoon cinnamon
1 cup cider vinegar	1 tablespoon nutmeg
	1 tablespoon cloves
	1 tablespoon allspice

Mix all ingredients in kettle and bring to a boil. Boil gently until thick, possibly three hours. Pour into hot sterilized jars and seal while hot. Makes about 5 quarts.

GREEN TOMATO CONSERVE

4 quarts green tomatoes	3 pounds sugar
4 lemons	3 large pieces candied
Water	ginger, minced

Wash and slice tomatoes and lemons as thin as you can, add water to cover just bottom of kettle; slowly stir in sugar and boil slowly about 1½ hours; just when mixture appears to be thickening, add ginger and simmer 20 minutes longer. Let stand overnight, and in morning simmer again 1 hour. Pour into hot sterilized jars and seal.

GREEN TOMATO CHUTNEY

8 cups chopped green	4 cups brown sugar
tomatoes	1 quart cider vinegar
2 onions, chopped	1 inch green ginger root
4 cups sliced sour apples	or
¼ cup salt	2 tablespoons chopped
1 teaspoon cayenne	preserved ginger
pepper	Pinch of black pepper
1 clove garlic, peeled,	
minced	

Wash and cut up vegetables; core and peel apples. Mix all ingredients in kettle and stir until sugar is melted. Boil rapidly until tomatoes are transparent and mixture is thick and clear. Pour into hot sterilized jars and seal.

GREEN TOMATO CHUTNEY SAUCE

6 green tomatoes
2 green peppers
4 white onions
1 cup seeded raisins
1 quart vinegar
1 cup granulated sugar
1 cup brown sugar

1 tablespoon mustard
seed
1 tablespoon salt
12 large tart apples
Cayenne and black pepper,
if desired

Wash and chop or grind vegetables and add raisins, vinegar, sugar, mustard seed and salt, and boil together 1 hour; stir constantly until sugar is melted, and then stir occasionally to prevent scorching. While this is cooking, peel, core and chop, or grind, apples, and add them to mixture when the 60 minutes are up. Stir, boil 20 minutes longer; test for seasoning, adding more if necessary. Pour into hot sterilized jars and seal.



Dilled green tomatoes can be made in as many ways as dill pickles, with large tomatoes, or the tiny cherry tomatoes, which are my favorites for dilling. They can be put up in brine in open crocks, or packed in air-tight standard preserve jars, with or without garlic or red hot peppers. Again I'll state my own preference, which is with garlic and red hot chili or capscicum peppers. (See: Cucumbers, Dill Pickles — page 75.) Whether crocks or jars are used is a matter of convenience; most modern homes have no "cold room" or cool cellar to keep a crock indefinitely.

Here are two quite different flavors in dilled tomatoes:

DILLED GREEN TOMATOES No. 1

40 to 50 medium-sized green tomatoes	1 pint vinegar
Fresh dill heads	1½ cups salt
2 ounces (¾ cup) whole mixed pickling spices	2 gallons water and a large crock (5-gallon)

Wash and drain tomatoes. Put a layer of dill and some of the spices in bottom of crock, then half-fill it with tomatoes. Add more dill and some spices, put in remaining tomatoes and cover with dill and remaining spices. Make a solution of vinegar, salt and water, and when salt is dissolved, pour into crock. Put a weighted plate over tomatoes to keep them under the brine. Do not let brine come too near the top of crock, for, as the juice is drawn out of the tomatoes, the crock may overflow. Remove scum daily from top of solution and allow crock to remain at even room temperature until tomatoes are cured. This takes from 8 to 10 weeks, and is completed when the pickle is clear throughout when cut open, with no white spots showing. When ready, these may be packed into hot sterilized glass jars, and the solution drained off, strained, and brought to a boil. Add ¼ cup vinegar to each jar, fill to overflowing with hot brine, and seal while hot. If desired, ½ pound peeled garlic may be added to this pickle with the dill and mixed spices; also red hot pepper pods.

DILLED GREEN TOMATOES No. 2

1 quart green cherry tomatoes	2 tablespoons salt
½ cup lemon juice or vinegar	1 spray dill
	1 clove garlic, peeled
	Water

Wash tomatoes; put into hot sterilized quart or pint jars with remaining ingredients; fill to overflowing with cold water; seal.



I've been making the two following sweet pickles for so many years that I've forgotten who originally gave me the recipes. I frequently make them without the sweet peppers, because I do not always like the flavor of peppers in a sweet pickle. Sometimes I add a few stalks of celery, cut into small pieces, because it adds a nice consistency; in fact, as I believe I have said before in these pages, given the vinegar, salt and spice, anything may be added to, or left out of, most pickle recipes, and it will still be a good pickle.

STATE PICKLES

7 pounds green tomatoes	2 tablespoons mustard
½ cup salt	seed
6 white onions	½ tablespoon whole
2 green peppers, seeded	cloves
2½ cups sugar	2 tablespoons celery seed
1 quart vinegar	2 tablespoons peppercorns
	2 sticks cinnamon, broken

Wash and slice tomatoes; remove stem ends, sprinkle with salt and let stand overnight. Drain and rinse under cold running water. Slice onions thin and chop peppers; after melting sugar in vinegar over heat, add spices, tied in cheesecloth bag, and vegetables. Bring to a slow boil and simmer ½ hour, or longer if you want a soft pickle. Pour into hot sterilized jars and seal while hot. Makes about 5 pints.

RACHEL'S PICKLES

5 pounds green tomatoes	1½ cups granulated sugar
6 tablespoons coarse pickling salt	1 cup dark brown sugar
4 sweet peppers	4 tablespoons mustard seed
2 red hot chili peppers	1 teaspoon celery seed
4 pounds onions, sliced	1½ teaspoons turmeric
3 cups cider vinegar	

Wash and slice tomatoes, sprinkle with pickling salt and let stand several hours. Remove seeds from washed peppers and chop, or put through coarse knife in grinder. Peel and slice onions; sometimes I also sprinkle them with salt and let them stand as long as the tomatoes. Put vinegar into kettle with sugar and spices and boil 5 minutes; if onions are not in salt, add and boil 5 minutes. Drain tomatoes and add to mixture with peppers (and salted onions, also drained), and bring slowly to a boil again. Simmer 5 minutes. Pour into hot sterilized jars and seal. Makes about 5½ quarts. These must stand a month or two before being used.

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TUTTI-FRUTTI

This is another one of those old recipes of which every one has a different version, but they are all essentially the same, and they are all good. The catch to it is that few of us today have a cool dark place in which to keep a crock. When that is the case use a smaller quantity of fruit, and take a few two-quart preserving jars, keep them in the refrigerator until full, and then seal them, or pour the contents, after mixing well, into hot sterilized pint or half-pint jars to overflowing and seal.

TUTTI-FRUTTI**(Brandied Fruits)**

1 quart or more good Brandy	1 quart peeled sliced peaches
1 quart ripe strawberries	1 quart peeled sliced apricots
1 quart ripe cherries	1 quart any other firm fruit
1 quart ripe currants	
1 quart black raspberries	Sugar

Into a large stone crock with a cover, put the Brandy and the washed and carefully drained berries, and fruits, with one-half to three-quarters the amount of sugar as of each fruit—never less—according to the tartness of the fruit. Fruit can be added to the crock from time to time. Stir carefully but thoroughly with

each addition, and, between additions of fruit, stir every week to be sure the fruit is all covered with Brandy. Keep in a cool spot. Tie a cloth over the top of the crock under the cover, so no air gets in. This is a delicious topping for ice cream and for everyday plain stewed fruit, and it turns stale cake into a party dessert.

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VEGETABLE PICKLES

Pickled mixed vegetables are an old-fashioned favorite, and while there are recipes for some of them in many of the other categories within these covers, I thought it would be traditional to have a few under a heading of their own. The vegetables used in these mixed pickles may be varied to cover what is surplus in your garden at any time. Vegetables which are of stronger flavor will, of course, dominate the pickle unless you keep them in the minority; if beets are added, they will give their color to the finished product. The brighter the color of the vegetables you use, the prettier the pickle will be. Remember that good pickles are crisp pickles, so do not parboil or cook them too long!

MIXED PICKLES No. 1

- | | |
|--------------------------------|------------------------------------|
| 30 small onions | 1 pint canned button mushrooms |
| 4 quarts water | 3 quarts malt vinegar |
| 1 cup salt | 1½ cups sugar |
| 30 tiny gherkins | 1 tablespoon salt |
| 10 large bright carrots | ½ teaspoon cayenne |
| 3 to 4 celeriac roots, scraped | 3 chili peppers |
| 1 pint snap beans | 2 cloves garlic, peeled |
| 2 young cauliflower | 3 sticks cinnamon |
| 2 ears sweet yellow corn | 2 tablespoons mixed pickling spice |

Peel onions. Make a brine of water and salt and pour over onions and gherkins. Let stand 24 hours. Put carrots, celeriac roots, beans (cut julienne), cauliflower and corn into separate pots of cold salted water and bring them each to a boil. Test carrots to see if they are tender enough to cut easily. Do the same with celeriac. Let corn boil 2 minutes and cauliflower until it also is not hard, but still far from tender. The beans should just lose that raw beany taste. Cool and cut carrots into squares. Separate cauliflower into florets. Cut corn from cob. Drain and rinse onions and gherkins from brine. Drain mushrooms and put them with onions into kettle, cover with vinegar and boil 5 minutes. Drain off vinegar and put with rest of vinegar into large kettle with remaining ingredients. Boil this syrup 10 minutes. Meanwhile, put prepared vegetables into a large stone crock, or bowl if you have no crock, and cover them with the hot strained vinegar. The spices and chili which are strained from the vinegar may be kept in refrigerator until needed again. Cover vegetables with a plate to keep them under the fluid and let stand 5 or 6 days. Add more vinegar as needed to keep vegetables covered with the pickling syrup. On the 6th day, pour the vinegar off, add the seasoning to it from last boiling, or fresh if preferred, and bring it to a good rolling boil. Meanwhile, pack the vegetables into hot sterilized jars and fill to overflowing with hot pickling syrup and seal. To make a very fancy pickle out of this, cut carrots and celery root into stars and balls, or any other decorative shapes.

MIXED PICKLES No. 2

2 pounds small cucumbers	1 or 2 bunches small
1 pound pickling onions	carrots
2 cups sugar	1 cup cauliflower florets
½ cup salt	1¼ cups sweet red
¼ cup mustard seed	peppers, chopped
2 tablespoons celery seed	2 cups 1½-inch pieces
1 quart white vinegar	celery
1 cup water	

Wash and slice cucumbers about $\frac{1}{4}$ inch thick and put with onions into brine (2 quarts cold water and $\frac{1}{2}$ cup of salt). Let stand 24 hours. Drain and wash well under cold running water. Combine sugar, salt and mustard and celery seed with vinegar and water, and when sugar is dissolved add cucumbers and onions and let stand overnight. Drain off the vinegar and bring to a boil; add carrots and cook 5 minutes. Lift out carrots with perforated spoon and cut them into suitable size pieces. Add remaining ingredients to vinegar and simmer about 10 to 15 minutes, or until cauliflower is soft, but still crunchy. Add carrots for the last 2 minutes, then pour into hot sterilized jars to overflowing and seal. Makes about 7 pints.

MIXED VEGETABLE RELISH No. 1

- | | |
|-----------------------------------|------------------------------|
| 12 ears corn, cut from cob | 2 white onions (if |
| 3 small cauliflower, | desired), chopped |
| separated into florets | 3 tablespoons salt |
| 1 bunch celery, cut | 3 pints cider vinegar |
| coarsely | 1½ pounds brown sugar |
| 3 sweet green peppers, | 1 tablespoon English |
| seeded and chopped | mustard |

Mix prepared vegetables together and sprinkle with salt. Let stand an hour or so. Bring vinegar and sugar to a boil and pour over prepared vegetables. Put together into kettle; cover and bring to a fast boil. Let boil 10 minutes. Sprinkle the mustard in carefully, so it will not cake, stir, and pour into hot sterilized jars and seal.

MIXED VEGETABLE RELISH No. 2

- | | |
|---------------------------------|----------------------------------|
| 3 carrots, chopped | 3 cups vinegar (cider or |
| 4 green peppers, chopped | malt) |
| 4 red sweet peppers, | 2 cups sugar |
| chopped | 1½ tablespoons celery |
| 4 onions, chopped | seed |
| 1 head cabbage, chopped | 1 tablespoon mustard seed |
| ¼ cup salt | ¼ teaspoon cayenne |
| | pepper |

Mix chopped vegetables with salt and let stand 3 hours. Drain. Pack into hot sterilized jars. Mix remaining ingredients in kettle, bring to a rolling boil and pour to overflowing into hot sterilized jars and seal. Makes about 5 or 6 pints.

STRING BEAN RELISH

- | | |
|-----------------------------------|--------------------------------|
| 3 cups cooked string | 2 cloves garlic, peeled |
| beans, cut bias or length- | ½ cup tarragon vinegar |
| wise | ½ cup white vinegar |
| Liquid remaining after | 2 tablespoons chopped |
| cooking them, if any | parsley |
| 2 onions, minced | |

Mix the last 5 ingredients and boil 10 minutes, then add bean liquid to heat. Fit beans into hot sterilized jars; fill to overflowing with the hot pickling mixture and seal.



There are many people who, when pickles are mentioned, think only of mustard pickles, Chow chow, the old-fashioned queen of all mustard pickles, is not difficult to make. There are many versions of it; the variations are slight but sufficiently different to warrant including three of them in these pages. Each is a distinguished treasure!

CHOW CHOW OR MUSTARD PICKLES**No. 1**

- | | |
|--------------------------------|------------------------------------|
| 1 quart unpeeled cucum- | 1 quart small white onions, |
| bers, cubed | peeled |
| 1 quart gherkins | 1 tablespoon turmeric |
| 1 quart green tomatoes, | 1 cup flour |
| chopped | 2 cups sugar |
| 2 sweet red peppers, | 2 quarts cider vinegar |
| chopped | 6 tablespoons English |
| 1 large cauliflower, in | mustard |
| florets | |

Wash vegetables and soak in brine (1 quart water and $\frac{1}{2}$ cup salt) for 24 hours. Next day, bring to a boil in same solution and drain. Mix the remaining ingredients and cook until thick, being sure the flour and mustard are mixed to a smooth paste and free of lumps. When thickened, stir the vegetables into the syrup and heat thoroughly without boiling. Pour into hot sterilized jars and seal. Makes about 6 quarts.

CHOW CHOW OR MUSTARD PICKLES

No .2

24 small cucumbers	2 cups brown sugar
2 quarts pickling onions	$\frac{1}{2}$ cup English mustard
3 cauliflower, in florets	1 teaspoon French
12 green tomatoes, sliced	mustard
3 carrots, sliced or diced	1 teaspoon turmeric
6 green peppers, chopped	1 teaspoon mustard seed
3 tablespoons salt	1 teaspoon celery seed
$\frac{1}{2}$ cup flour, sifted	3 quarts cider vinegar

Cut all vegetables into small equal dice, and mix in a large bowl, sprinkling each layer with salt. Weight with a dish and let stand overnight. In the morning, heat to boiling point and drain. Mix flour, sugar, mustard, turmeric and seeds with a small amount of vinegar into a smooth paste. Heat remaining vinegar to boiling point, and slowly stir in the mustard paste, stirring constantly until it is smooth and creamy. Pour over the pickles and mix well, then put into hot sterilized jars and seal.

CHOW CHOW OR MUSTARD PICKLES

No. 3

1 cauliflower	3 pints vinegar
3 green peppers	2 cups sugar
1 pound pickling onions	2 teaspoons celery seed
2 pounds green tomatoes	$\frac{3}{4}$ cup flour, sifted
1 pound gherkins	$1\frac{1}{4}$ cups English mustard
2 pounds cucumber slices, large, unpeeled	$\frac{3}{4}$ teaspoon turmeric
	2 cups water

Wash all vegetables and cut cauliflower into bits. Seed peppers and cut into $\frac{1}{4}$ -inch strips. Pour boiling water over onions, let stand 5 minutes and peel. Slice tomatoes and mix all vegetables together in a large bowl. Make a brine (1 cup salt and 4 cups of water) and pour over mixture. Let stand 3 hours, bring to a boil in same brine and drain. Meanwhile, heat the vinegar with sugar and celery seed to boiling point. Make a paste of the flour, mustard and turmeric with 2 cups of water, stirring until smooth; then add this to the hot vinegar mixture, stirring constantly until it is absorbed and mixture is without lumps. Add this to the drained vegetables and simmer 15 to 20 minutes, stirring frequently. Pour into hot sterilized jars and seal. Makes about 7 pints.

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WALNUTS

To most Americans, pickled walnuts are a completely British condiment; but many people are very fond of them, and wherever walnuts grow they can be gathered when green, and pickled. They must be soft enough to be easily pierced with a darning needle, or any other large needle. Once the shell has hardened so this is not possible, they have ripened beyond the pickling stage. As they are very astringent—"puckery" is the word I find more descriptive—the curing process is a rather long one.

PICKLED WALNUTS

100 green walnuts

½ ounce cloves, whole

3 white onions

2 quarts vinegar

1 teaspoon salt

2 ounces black pepper

3 ounces ginger root,

**peeled and thoroughly
mashed**

¼ ounce mace

4 ounces mustard seeds

Cover walnuts with brine made of 6 ounces of salt to each quart of water needed to cover the nuts. Stir night and morning for 9 days. Every 3 days, drain off the brine and cover with a fresh mixture. On the 10th day, drain walnuts and put on trays, uncovered, until they turn black, which they should do in a few hours. Stick cloves into the peeled onions and add all the remaining ingredients. Boil together 5 minutes, then pour over the nuts. Let stand 2 days; drain liquid off the nuts and again boil the syrup for 5 minutes. Pack nuts into hot sterilized jars, cover with the boiling liquid and seal.

NINE-DAY PICKLED WALNUTS**Walnuts****Vinegar****Peppercorns, $\frac{1}{2}$ teaspoon
per quart****Salt to taste**

Use young green walnuts and prick each one several times with a heavy needle. Place in pan and make brine to cover (use 4 ounces salt to each quart of water). Let stand 6 days, stirring daily. Drain, cover with fresh brine and let stand 3 more days. Drain and spread on towels or heavy paper. Let stand in the sun or in a warm oven until they are completely black. Pack them into hot sterilized jars to $\frac{3}{4}$ full, and meanwhile boil vinegar, salt and peppercorns 5 minutes; fill the jars to overflowing with this, and seal.

**SUBTROPICAL FRUITS
AND NATIVE FRUITS AND BERRIES**

SUBTROPICAL FRUITS AND NATIVE FRUITS AND BERRIES

Many ornamental shrubs and vines, with magnificent foliage and blossoms, grow in our Southernmost states, from Coast to Coast, and usually the beholder asks for no more than to enjoy their beauty. But every blossom has a fruit, and these frequently have a practical use which the old-timers know and use. And there are many native, or what we call wild, fruits and berries which seasonal visitors may not recognize as useful.

In California there is the manzanita (not really a "little apple" at all, as the Spanish name implies, but a berry related to our blueberry) which, when used in the partly ripe state, makes a beautiful jelly or butter. Also excellent for jelly, butter and jam are the wild salmonberry, the buffaloberry, thimbleberry, the blackberry and dewberry, native all across the States, and their handsome hybrid cousins, the boysenberry, loganberry and youngberry. Use equal amounts of sugar and fruit juice with these, for they are tart fruits. The bland sweet mulberry combines well with any of these, or any tart fruit containing some pectin.

The grenadilla, also called passion fruit because of the marked cross in the heart of its beautiful blossom, makes a fine tart jelly or jam, as well as a refreshing summer drink, as does the tamarind, one of the most beautiful of the subtropical shade trees. Tamarind seeds are eaten roasted, like nuts, and the fruit can be boiled and used as a vegetable. For chutneys, the fiber hulls are removed and the pulp soaked in vinegar or hot water to loosen the seeds.

Our Western prickly pear and the tuna of Mexico, when used in combination with grapes or crab apples, makes a delightful jelly, if one has the skill to remove the sharp thorns. The red berries from certain varieties of our barberry hedges are also usable for jelly.

In every State, the Home Economics Department of the State University and the Farm Bureau has free information, for the asking, on native fruits. If one sees an unknown or unfamiliar plant, send a specimen of leaf and fruit, and it will be defined for you with name, family and uses. It is good to become acquainted with the fruits of ones own countryside.

I wish it might be said of me that here is a woman who has made jams, jellies and pickles around the world; who knows every kind of exotic and native American fruit, and how to handle it. That is very far from true, but I am fortunate in having friends in far places who go in for my particular kind of "jam sessions." They are generous in sharing their experiences with me, and I want to pass on the results of their experiments to a wider circle, to whet other appetites for excursions into our somewhat neglected and little known American bounty.

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PITANGA, OR SURINAM CHERRIES

The surinam cherry bush is grown principally for decorative purposes. It is a beautiful, shiny-leaved shrub, which bears about three crops of berries a year. The fruit makes a delicious jam or jelly in the under-ripe stage; when fully ripened, the cherries are sweet and good to eat raw, but in either case they should be used immediately after picking; they become bitter if left standing.

SURINAM CHERRY JELLY

**Cherries, mostly under-
ripe and freshly picked**
Sugar
Water

Wash cherries and crush lightly in bottom of kettle. Add enough water barely to cover bottom of kettle, and boil gently until fruit is soft and pulpy. Let stand 20 minutes. Strain through jelly bag. Measure juice and add $\frac{3}{4}$ cup sugar to each cup of juice. Boil rapidly, removing scum as it forms, until jelly sheets from spoon. Pour into hot sterilized glasses and seal.

SURINAM CHERRY JAM

**4 cups freshly picked
cherries**
4 cups sugar
2 cups water

Pick cherries, wash and remove seeds immediately. Make a syrup of sugar and water. When this is boiling, add the cherries. Boil for 20 minutes, or until juice thickens slightly. Pour into hot sterilized jars and seal at once.

SWEET PICKLED SURINAM CHERRIES

1 pound cherries	¾ pound sugar
Preserved citrus peels, minced	½ pound limes or lemons
Preserved pineapple, minced	¼ cup cider vinegar
Raisins, minced	1 teaspoon whole allspice
	1 teaspoon whole mace
	4 cinnamon sticks

Gather cherries, wash and remove seeds. Fill cavity with minced preserved fruits and raisins, and put layers of cherries and sugar into bowl and let stand overnight. In the morning, carefully strain sugar and juice from fruit. Put spices into cheese-cloth bag and, with sliced limes or lemons, bring to a boil with the sugar and juice. Boil 10 minutes; add the vinegar, stir well, and pour mixture over the drained cherries; let stand overnight. The next morning, drain the cherries again and boil liquid 10 minutes. Add the cherries and just allow them to heat through. Pour into hot sterilized jars and seal.

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FIGS

For preserving, use fresh, thoroughly ripened figs, perfect and unblemished, the stems cut to within $\frac{1}{4}$ inch of the fruit. It is best to blanch or parboil figs for 1 minute in boiling water, before preserving or pickling them whole. They must be carefully handled and should be allowed to stand in syrup to preserve their color and plumpness. Use any torn figs for making fig butter and fig conserve.

SPICED FIGS

1½ pounds sugar

1 pint water

½ pint vinegar

1 teaspoon whole cloves

2 cinnamon sticks

**1 tablespoon green ginger
root, scraped and
mashed**

6 pounds ripe figs

Combine sugar, water and vinegar and add spices tied in a bag; bring to a boil and boil until it begins to thicken. Meanwhile, wash and blanch figs, or parboil in boiling water for one minute, and peel, if desired. Add the figs to syrup and simmer until they are clear and tender. Let stand overnight. In the morning, reheat to boiling and put into hot sterilized jars and seal.

SWEET PICKLED FIGS

5 quarts figs	1 lemon, sliced
1 quart water	4 cinnamon sticks
1 pound sugar	1 tablespoon whole cloves
1 pint vinegar	1 teaspoon whole allspice
2 pounds sugar	1 teaspoon whole mace

Wash and blanch figs, or parboil in boiling water one minute. Make a syrup of 1 quart water and 1 pound sugar, add figs, and simmer until they are tender. Then add the vinegar, 2 pounds sugar, the lemon slices and the spices tied in a bag. Cook until the figs are clear and transparent. Let stand in syrup overnight. Remove figs to hot sterilized jars, reheat syrup to a good boil and fill jars to overflowing and seal.

FIG BUTTER

Figs	Grated lemon rind
Sugar	Lemon juice

Heat figs in kettle, and mash until soft and pulpy. Measure pulp and use $\frac{1}{2}$ cup sugar to each cup of figs. To each quart of fig pulp and sugar, add the grated rind and juice of one lemon. Boil until butter test is reached. Pour into hot sterilized glasses and seal.

FIG CONSERVE No. 1**2 lemons****1 quart broken figs****2 cups sugar****½ cup chopped pecan
meats**

Put lemons through food chopper, using juice, pulp and peel. Mix with figs and sugar, stir until sugar dissolves. Boil until thickened. Stir in nut meats and pour into hot sterilized glasses and seal.

FIG CONSERVE No. 2**2 pounds any variety
fresh figs****1 cup canned crushed
pineapple****Sugar****½ teaspoon salt****½ cup chopped nutmeats**

Wash figs gently and cut or slice. Mix with pineapple and put into kettle with equal amount of sugar and ½ teaspoon salt. Bring to boiling point, then simmer gently until thickened, but still runny. Stir in nuts and pour into hot sterilized glasses. Seal when cooled. Makes about three 6-ounce glasses. Fresh ripe unpeeled apricots may be used instead of figs.

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GUAVAS

The guava is a small tree which will grow wherever oranges will grow. The fruit is prolific and ripens in late summer and fall. There are as many varieties of guavas as of apples. Cattley and Mexican are the most popular, and the acid, partly unripe fruit is used for jellies, paste and preserves. The ripe guava, which may be eaten raw, contains practically no pectin. It is not a pretty fruit, and the odor, when cooking, is unattractive; but the flavor of the finished product is delicious.

Prepare guavas for all forms of preserving by removing stem and blossom ends, and, if skin is blemished, cut out spots. If skin is entirely discolored, peel fruit; otherwise not. Cut crossways, scoop out seed pulp, and put it through food mill or a heavy dilver. With seeds removed, use pulp with cut up shells. The shells may also be preserved whole, if desired; packed in a heavy syrup, they make a delicious rich dessert, filled with coconut ice cream, or cream made with grated fresh coconut meat.

GUAVA JELLY

Guavas
Water

Sugar
Lemon or lime juice

Wash under-ripe guavas, remove stems and blossom ends and slice. Almost cover with water and simmer until fruit is soft and pulpy. Put into jelly bag and let drip overnight. Limit the recipe to one quart of juice at a time, using equal measure of sugar, and the juice of one small lime or lemon. Boil rapidly until jelly sheets from spoon in one large piece instead of in drops. Pour into hot sterilized glasses and seal. The pulp remaining in jelly bag may be used, as well as the fresh fruit, for making guava butter, jam and catsup.

GUAVA JAM

**2 pounds prepared guava
pulp**
3 cups sugar
½ cup water

¼ cup lime or lemon juice
**1 teaspoon grated green
ginger**
½ teaspoon salt

Wash guavas; remove stems, blossom ends and blemishes. Cut guavas in half, and scoop out soft pulp and seed, discard this, and cut shell into pieces. Cover with sugar and water, and let stand overnight. Add remaining ingredients and boil rapidly until usual jelly test is reached, and just before it sheets from spoon, pour into hot sterilized jars and seal. The pulp of the guaves makes good ice cream or puddings.

PRESERVED AND SPICED GUAVAS

4 pounds prepared guavas	3½ pounds sugar
2 cinnamon sticks	3 cups cider vinegar
3 blades of mace	½ teaspoon salt
1 tablespoon whole cloves	1 cup pineapple juice
1 tablespoon whole all-spice	1 pound fresh pineapple, diced

Wash guavas, remove blemishes, stems and blossom ends, scoop out seeds and cup up flesh. Put spices into bag, mix all ingredients except fruits, and boil 5 minutes. Add fruit and boil until tender. Let stand overnight. In the morning, reheat to a good boil, pour into hot sterilized jars and seal. If syrup is too thin, pour it off fruit, boil syrup until thickened, reheat fruit and pour into jars and seal.

SWEET PICKLED GUAVAS

3 pounds prepared guavas	3 cinnamon sticks
3 cups brown sugar	4 green ginger roots, peeled and grated, or ½ cup preserved ginger, chopped
1 cup white sugar	1 teaspoon salt
¾ cup vinegar	
1 tablespoon whole allspice	
36 cloves	

Prepare quavas as above, mix with remaining ingredients in large enamel kettle and let stand 4 hours. Boil quickly, stirring now and then until thick. Pour into hot sterilized jars and seal.

GUAVA BUTTER

4 cups cooked guava pulp	½ teaspoon ground allspice
1 tablespoon grated fresh ginger root	3 tablespoons lemon or lime juice
½ teaspoon ground cinnamon	3 cups sugar

Wash guavas, remove seeds, stems and blossom ends, and boil with a little water till pulpy. Put pulp through food mill. Add remaining ingredients and cook until butter test is reached. Pour into hot sterilized glasses and seal. This is also very good omitting ginger, cinnamon and allspice.

GUAVA PASTE

1 part sugar	2 parts guava pulp
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As with Guava Butter, either fresh guavas or the pulp from jelly making can be used. With fresh fruit, wash and remove blemishes, stems and blossom ends; put flesh through food mill to remove seeds, and cut up shells. Cook until thick; measure, add sugar, and stir, cooking quickly, until the mass sticks to the spoon. This requires constant attention, and the faster it boils, the clearer the paste will be. It should boil until it is so thick that when you put the spoon through it—or a butter paddle, if you have one—the two halves will not flow together again. Put the paste on waxed paper and mold it to fit a shallow box. Cut into cubes or squares. These may be dusted with powdered or granulated sugar. Keep in airtight containers.

TROPICAL RELISH

4 pounds prepared guavas	¼ cup celery seed
1½ pounds raisins	¼ cup mustard seed
1 clove garlic, peeled	1 quart vinegar
1 chili pepper	2 pounds sugar
1 pound preserved ginger	1 teaspoon salt

Prepare guavas as for Preserved and Spiced Guavas; put with raisins, garlic, chili, ginger and seeds, through coarse blade of food chopper. Add remaining ingredients and boil 30 minutes. Let stand overnight. Test for seasoning. Add more seasoning if necessary, reheat and pour into hot sterilized jars and seal. To make this into catsup, add more hot vinegar. Mangos, tamarinds or carissa cherries may be substituted for the guavas.

GUAVA CATSUP

2 onions, minced	3 small chili peppers, minced
1 clove garlic, peeled and minced	1 teaspoon salt
¼ cup water	1 teaspoon cinnamon,
4 cups guava pulp, cooked and strained	1 teaspoon cloves
2 cups sugar	1 teaspoon allspice
	1 cup vinegar

Boil onions and garlic in water until mushy, then add remaining ingredients and cook, stirring constantly, for about 20 minutes, or until mixture is the thick, runny consistency of catsup. Pour into hot sterilized bottles and seal. Makes about 1½ pints.

GUAVA CHUTNEY No. 1

3 pounds prepared guava pulp	1½ tablespoons ground ginger
3 pounds sugar	1 clove garlic, peeled
2 quarts cider vinegar	1 pound onions, peeled
2 pounds raisins	1½ tablespoons English mustard
2 tablespoons salt	3 small hot chili peppers
2 teaspoons ground cloves	
2 teaspoons ground cinnamon	

Wash guavas, remove stems and blossom ends, and put through food mill to remove seeds. Mash, and boil until thick. Put onions, garlic and raisins through food chopper, add with remaining ingredients to fruit, and boil until thick, stirring now and then to prevent scorching. Let stand overnight. Heat to boiling, pour into hot sterilized jars and seal.

GUAVA CHUTNEY No. 2

3 pounds tamarinds	2 quarts cider vinegar
3 pounds prepared guava pulp	3 pounds brown sugar
2 pounds raisins	1 teaspoon black pepper
2 cloves garlic, peeled	1 tablespoon ground cloves
1 pound mild sweet onions	1 tablespoon ground cinnamon
1 pound fresh pimientos	1 tablespoon ground allspice
¼ cup mustard seed	1 tablespoon salt
¼ cup celery seed	
1 pound green ginger root	
3 pods dried chili peppers	

Remove hulls of tamarinds and soak pulp in vinegar, stirring often to loosen seeds from pulp. When pulp is softened, put through food mill to remove seeds. Wash guavas, remove seeds, stems and blossom ends; put through coarse knife of food chopper with raisins. Use the finest blade for garlic, onions, piniento, seeds, ginger root and chili. Combine all ingredients in kettle and boil 30 minutes or until mixture thickens. Let stand overnight. Reheat. Chutney should be highly seasoned, so add more seasoning if necessary—and it usually is. When mixture boils, pour into hot sterilized jars and seal.

GUAVA CHUTNEY No. 3

4 cups prepared guava pulp	2 hot chili peppers
1 cup chopped onion	2 cups sugar
2 cups vinegar	2 cups celery, chopped
2 cups raisins	1½ teaspoons salt

Wash guavas, remove seeds, stems and blossom ends. Put all vegetables through coarse knife of food chopper; add remaining ingredients and boil until thick. Pour into hot sterilized glasses and seal.

52

LIMES

There are many varieties of limes native to this country. They may be used in place of lemons in any recipe. In Florida, I believe the best variety for jam is the Rangpur lime.

LIME MARMALADE

Rangpur limes

Water

Sugar

Wash fruit and remove peel, reserving about $\frac{2}{3}$ of the peel and slicing it into thin ribbons. Add water to cover peel and boil 10 minutes. Drain. Chop fruit, measure and use equal amount of sugar. Heat pulp to boiling, add sugar and peel; boil until the syrup sheets from the spoon. Pour into hot sterilized glasses and seal.

53

LOQUATS

The loquat is a Japanese plum tree, small and ornamental, with fragrant white flowers which form clusters of small fruits, downy as a peach and firm in texture. Under-ripe loquats, rich in pectin, make delicious preserves, and the ripe ones are sweet and make a good table fruit. For jam or jelly, select the partly ripened fruit and wash carefully to remove the fuzz before using, or scald and peel.

LOQUAT JELLY

Loquats

Sugar

Lime or lemon juice

Water

Use mature but not completely colored loquats. Ripe loquats are too low in pectin for good jelly. Wash, remove blossom ends and mash in kettle with a little water. Boil until soft and mushy. Drain in jelly bag. Boil juice until it is a deep cherry color, then measure, and add equal amount of sugar and the juice of a lime or lemon. Stir until sugar is dissolved, and boil quickly until syrup sheets from the spoon. Pour into hot sterilized glasses and seal.

LOQUAT JAM

1 pound loquats

$\frac{3}{4}$ pound sugar

1 cup water

Wash fruit, remove seeds; peel or not, as desired. Put through food chopper. Make a syrup of sugar and water and add fruit; boil quickly until thick and jelly-like. Pour into hot sterilized glasses and seal.

SWEET SPICED LOQUATS

2 quarts prepared loquats

3 calamondins or 1 lemon

$\frac{1}{2}$ pint vinegar

1 tablespoon whole cloves

3 cinnamon sticks

1 cup boiling water

4 cups sugar

$\frac{1}{2}$ teaspoon salt

Wash loquats, cut down one side to remove seed and measure 2 quarts. Slice calamondins or lemon. Steam loquats in the boiling water 3 minutes to prevent their shriveling. Mix all ingredients and boil 10 minutes. Let stand overnight. Bring to a boil and cook until syrup is thick. Pour into hot sterilized jars and seal.

54

MANGOS

The mango trees are indigenous to Southern Florida and California, and form a large part of their best shade trees. The blossom appears during the winter season, and many of the Florida winter visitors are ignorant of the fruit, which forms and ripens during the summer, and falls to the ground unused. The new varieties of budded mangos are delicious eaten raw, as dessert fruit or salad; but all mangos, both in the green stage or ripe, are suitable for pickles and chutneys.

The original chutney comes to us from India. Many changes have been made in the recipe, but the mango is a fruit very versatile in its texture and ability to combine well with other flavors and textures. However, a word to those readers who are thin skinned and susceptible to poison ivy and poison oak. The juice of the mango is poisonous to many people, and can be very itchy and disagreeable. That is putting it mildly. Try one fruit and see how your hands react before getting in up to the elbows with a chutney recipe. In my experience, it is only the raw juice that poisons. Cooked mangos are harmless.

MANGO JAM

Ripe mangos

Water

Sugar

Peel mangos and cut from pit. Put into kettle with water to half cover and boil until soft and mushy. Put through food mill. Measure and use 1 cup sugar to 4 cups fruit pulp. Boil 20 minutes or until thick. Seal in hot sterilized jars.

MANGO JELLY

Green mature mangos

Salt

Water

Lime juice

Sugar

Use fruit just beginning to ripen. Cut the mangos open, scrape pulp from skin and pit. Add enough water to half cover fruit and boil until tender and mushy. Put into jelly bag and let drip 5 hours or more. Measure juice. Put into kettle and boil 4 minutes, add equal amount of sugar, $\frac{1}{2}$ teaspoon salt, and the juice of $\frac{1}{2}$ lime for each cup of juice. Boil quickly until jelly test is reached. Pour into hot sterilized glasses and seal when cooled.

MANGO BUTTER can be made from the pulp left in the jelly bag. Strain pulp through food mill, and boil with an equal amount of sugar and the juice of $\frac{1}{2}$ lime to every cup of pulp. Boil until butter test is reached.

SWEET MANGO RELISH

- | | |
|----------------------------------|-----------------------------------|
| 1 pound green mango pulp | 1 tablespoon mustard seed |
| 2 large onions, ground | 1 tablespoon celery seed |
| 6 sweet peppers, ground | 4 cups sugar |
| 2 red hot peppers, ground | 1 cup vinegar |
| 1 tablespoon salt | 2 cups raisins, if desired |

Wash and peel mangos, remove pit, and put through coarse knife of food chopper; weigh. Put remaining vegetables through coarse knife of chopper. Combine all ingredients and boil 10 minutes. Let stand overnight. Again bring to a boil and cook until thick. Pour into hot sterilized jars and seal.

MANGO CHUTNEY No. 1

- | | |
|---------------------------------------|------------------------------|
| 4 pounds sliced, peeled mangos | 3 pounds brown sugar |
| ½ pound onions | 2 ounces yellow chili |
| ½ pound green ginger, peeled | 1 tablespoon salt |
| 2 cloves garlic, peeled | 1 quart vinegar |
| | 2 pounds currants |
| | 2 pounds raisins |

Put mangos, onions, ginger and garlic through food chopper. Mix all ingredients and let stand overnight. Boil quickly until thick. Pour into hot sterilized jars and seal. This can be made with the sweet budded mangos, using the juice of 5 limes or lemons with the rest of the ingredients. Choose mangos that are green, but mature.

MANGO CHUTNEY No. 2

1 pound green mature mangos	1½ tablespoons salt
¼ pound almonds	3 ounces green ginger root, peeled
¾ pound brown sugar	½ tablespoon mustard seed
1 pint vinegar	1 teaspoon celery seed
½ pound currants	½ cup chopped onion
½ pound raisins	½ cup chopped sweet green peppers
1 ounce red hot peppers	

Peel mangos and cut into small pieces. Blanch almonds and slice or chop. Add sugar to vinegar and bring to a boil. Add remaining ingredients, except nuts, and boil rapidly for 30 minutes or until thickened. Add nuts, stir well, and pour into hot sterilized jars and seal.

ENGLISH CHUTNEY SAUCE

50 green mangos	3 pounds sugar
1 pound salt	1 pound seeded raisins
2 pounds tamarinds	1 teaspoon cinnamon
3 quarts vinegar	1 teaspoon nutmeg
1 pound green ginger root	

Peel mangos, slice them off the pit, cover with salt and let stand 36 hours. Put washed tamarinds into enough vinegar to cover, and let soak until pits loosen; then put through food mill. Grate ginger root. Make a thick syrup of sugar and 1½ quarts vinegar. After rinsing the salt off the mangos, put into remaining vinegar and boil 10 minutes. Add tamarinds

with their vinegar, the raisins, ginger, spices and any remaining vinegar and simmer slowly 30 minutes. Slowly add syrup and boil rapidly until thickened and syrup is mostly absorbed. Pour into hot sterilized jars and seal.

CARRON HALL MANGO CHUTNEY

**8 pounds under-ripe
mangos**

Sugar

3 pints vinegar

2 pounds raisins

**¼ pound green ginger
root**

2 ounces garlic, peeled

2 ounces red hot peppers

1 tablespoon salt

Choose mangos that are green, but mature. Wash and slice mangos off the pit and put into kettle with very little water. Boil until soft and pulpy, and water has boiled away. Drain off any liquid remaining. Measure mangos, and measure an equal amount of sugar with which to make a syrup, using sugar and 1 pint vinegar. Put raisins, ginger root, garlic and peppers through fine knife or food chopper. Combine all ingredients and bring to boil, and when syrup is thickening add mangos, remaining vinegar and other ingredients, and boil hard 10 minutes. Pour into hot sterilized glasses and seal.

55

PAPAYAS

The papaya is a melon which grows on a tree and may be used like any other melon. The mature but unripe papaya may be used in pickles and preserves. Combined with other flavorful fruits, it makes good marmalades and jellies. It doubles as a vegetable, and may be boiled, steamed or baked, with a little lemon juice and seasoning, like squash. The leaves of the papaya contain a pepsin which tenderizes meat when it is wrapped in the leaf. In Jamaica, all the old tough fowl and beef joints spend a day wrapped in papaya leaves before going into the pot.

Woe comes to any one who ties his animal to a papaya tree, for the tree will sap its strength and the animal will sicken and die, sure 'nuff!!!

RIPE PAPAYA JAM

6 cups ripe papaya pulp

**½ cup lemon or calamondin
juice**

5 cups sugar

Peel papaya and put through food mill, then measure 6 cups of pulp. Boil pulp quickly until thick enough for jam. Add juice and sugar and boil hard until mixture is thick and clear, stirring frequently to prevent scorching. When thickened, pour into hot sterilized jars and seal.

PÁPAYA PRESERVES

Freshly picked ripe papaya
Sugar

Water
Lime juice, if desired

Peel papaya and cut into uniform pieces, removing the seeds or not, as preferred. (I prefer, for while they are pretty, they still must be removed for eating.) Weigh fruit, and for each pound, use 1 pound of sugar. Sprinkle sugar over fruit and let stand overnight. Put into kettle, and if there is not enough liquid in the sugared papaya, add water to cover, and lime juice if desired. Boil 15 minutes, or until fruit is transparent. Cover and again let stand overnight. Bring to a boil, and boil until syrup is thick. Fruit must be kept covered by syrup at all times. Pack into hot sterilized jars and seal.

This can be made into a sweet pickle, as follows:

After it has stood the first night, add $\frac{1}{2}$ cup vinegar for each pint of prepared fruit, 1 tablespoon whole cloves, 1 tablespoon allspice and 3 cinnamon sticks tied in a bag. Boil 20 minutes, and let stand overnight again in syrup to cover. Bring to a boil, put fruit into hot sterilized jars, add hot syrup to cover and seal.

PAPAYA PINEAPPLE MARMALADE

- | | |
|----------------------------------|---------------------------------|
| 1 ripe papaya, peeled | 1 cup sugar for each cup |
| 1 ripe pineapple, peeled, | of ground fruit |
| knots and core removed | 1 pinch of salt for each |
| 1 tablespoon green ginger | cup of ground fruit |
| root, grated (or preserv- | |
| ed ginger) for each cup | |
| of ground fruit | |

Prepare fruits and put through coarse knife of food chopper. Mix with ginger and boil gently 10 minutes. Add sugar and salt, mix well and boil until fruit is clear and syrup is thick. Pour into hot sterilized glasses and seal.

PAPAYA PICKLES

- | | |
|-----------------------------|------------------------------------|
| 3 cups papaya, diced | 2 peppercorns |
| 1 cup sugar | ½ teaspoon salt |
| 2 cups water | Ginger and sliced lemon, if |
| 1 cup vinegar | desired |
| 3 whole cloves | |

Wash, peel and dice green, but mature, papaya. Make a thick syrup of sugar, water and vinegar; add spices, salt and papaya to this syrup. Boil until fruit is transparent and tender. Ginger and sliced lemon may be added. Pour into hot sterilized jars and seal.

56

PERSIMMONS

Persimmons grow in other states as well as the tropics, but one generally associates the large Japanese variety with a semi-tropical climate. They are a luscious fruit when ripened, and are very high in sugar. Three quarts of fruit makes about 1 quart of fruit pulp when cooked.

PERSIMMON JAM

3 quarts persimmons
2 lemons, juice and grated
rind
Sugar

Cut up the persimmons, remove white membrane, and cook in a small amount of water until soft and pulpy. Put through food mill, measure, add lemon juice and rind, and $\frac{1}{3}$ as much sugar as pulp. Add more sugar to taste, if desired. Boil until thick and pour into hot sterilized glasses and seal.

PERSIMMON MARMALADE

2 quarts ripe persimmons	Grated rind of orange, if
1 cup sugar	desired
½ pint orange juice	

Cut up fruit, remove seeds and core; mash and cook with remaining ingredients until thick. The grated rind of orange may be cooked with it if desired. Seal in hot sterilized glasses.

PERSIMMON BUTTER

Persimmons	Spices, if desired
Sugar	Salt
Lime juice	

Remove core and seeds from fruit, cut into pieces and measure. Put into double boiler with an equal amount of sugar and 1 teaspoon lime juice and a pinch of salt for each cup of fruit. Mix well and cook until thick. Add spices, if desired, and pour into hot sterilized glasses and seal.

57

PINEAPPLES

Sun-ripened pineapples, affectionately called "pines" by the Jamaicans! There are no words to describe how good they taste, nor how different the sun-ripened pineapple tastes from the pineapple one buys in a northern market.

PINEAPPLE PICKLES

**4 quarts prepared pine-
apple**

2 cups cider vinegar

5 cups sugar

½ teaspoon salt

1 tablespoon whole cloves

**1 tablespoon whole all-
spice**

2 cinnamon sticks

**2 slices each of orange
and lemon**

Peel fresh pineapples, cut into thick slices and then into chunks, removing core and eyes. Mix vinegar, sugar and spices, tied into a bag, and boil 5 minutes. Place fruit in syrup and simmer until the fruit is tender and transparent. Let stand overnight. Reheat to boiling, pack fruit into hot sterilized jars, remove spice bag, and cover fruit with boiling syrup to overflowing. Seal immediately. Plain preserved pineapple chunks are made the same way, using water in place of vinegar, and omitting spices.

JAMAICAN PINEAPPLE JAM

Ripe pineapples

Ginger root

Sugar

Peel pines, remove core and shred fruit. Measure. To each pound of fruit, add $\frac{3}{4}$ pound sugar and 2 tablespoons grated ginger root. Boil together until thickened. Pour into hot sterilized glasses and seal.

FLORIDA CONSERVE

Peel of 1 orange, minced

1 cup water

2 cups sugar

$\frac{1}{2}$ teaspoon salt

**$\frac{1}{2}$ cup fresh pineapple,
shredded**

**2 cups fresh grapefruit
segments**

**2 cups fresh orange
segments**

$\frac{3}{4}$ cup pecan meats

Boil peel in 1 cup water for 10 minutes; drain and cool. Boil sugar, water and salt until sugar is dissolved, add pineapple and boil until pineapple is clear; add remaining fruit and peel and boil until syrup thickens. Add nuts, stir well and pour into hot sterilized jars and seal.

JAMAICAN CHUTNEY

**3 medium-sized ripe pine-
apples**

$1\frac{1}{2}$ teaspoons salt

**$1\frac{1}{2}$ pounds prunes,
soaked, or fresh plums**

$\frac{1}{4}$ pound preserved ginger

3 sweet peppers

2 cloves garlic, minced

1 red hot chili, minced

3 tablespoons sugar

1 tablespoon malt vinegar

2 cups boiling water

Peel, remove cores, and shred the fresh pineapples; sprinkle with salt and let stand overnight. In the morning, wash and chop plums, or prunes; reserving 1 tablespoon syrup from the preserved ginger, chop ginger and peppers and mix. Combine remaining ingredients, add ginger syrup, and boil 5 minutes. Add pineapple and chopped mixture and simmer until it thickens, stirring occasionally to keep it from burning; it may take an hour or more. Pour into hot sterilized jars and seal.

PINEAPPLE CHUTNEY

**12 large green mangos,
peeled and pits re-
moved**

4 onions

**4 sweet red peppers,
seeded**

**2 hot red peppers,
seeded**

**6 medium-sized green
tomatoes**

**1½ quarts fresh pineapple,
shredded**

2 cups raisins

1 cup cider vinegar

1 cup grape juice

2 cups brown sugar

¼ cup mustard seed

**1 tablespoon ginger root,
grated**

1 tablespoon salt

Juice of 3 limes or lemons

Put mangos, onions, peppers and tomatoes through coarse knife of grinder. Mix remaining ingredients together and bring to a boil; add ground vegetables and boil rapidly, stirring to prevent scorching, until mixture thickens. Pour into hot sterilized glasses and seal.

58

POMEGRANATES

The pomegranate is a native of Asia, but can be found in our gulf states, mostly in Southern California. The skin varies in color from yellow to deep red, and is thick and leathery. The fleshy portion of the fruit encloses many seeds. The pith and skin are discarded.

POMEGRANATE JELLY

15 to 20 ripe pomegranates (4 cups juice)

2 cups apple juice

4 tablespoons lemon juice

Water

8 cups sugar

Remove flesh and seeds from fruit and crush them in a bowl with potato masher, then strain out the juice. To 4 cups juice take 2 cups apple juice, combine with lemon juice and water to make 4 cups, and bring to a boil. Add 8 cups sugar, stir until sugar is dissolved and boil rapidly until jelly point is reached. Pour into hot sterilized glasses and seal when cool. With pomegranates, use double the ordinary amount of sugar and do not use an iron utensil of any sort, as iron blackens the juice, which is a lovely red.

59

ROSELLE

The roselle, called the Florida cranberry, is known in Jamaica as Jamaica sorrel. It is a most ornamental herb, related to the hibiscus family. The edible portion is a fleshy, red calyx, large and luscious, or the tips of the branches, which can also be cooked and used for jelly.

The flower lives only for a day, and about three weeks later, the fruit is ready for picking; the season is a long one. Remove the seed pod, force the seeds out by cutting off the stem-end of the calyx, and pressing gently. Do not overcook roselle nor let it be over-ripe; both over-ripeness and overcooking toughen it, and spoil the delicate flavor. It is a beautiful bright red color when made into jelly, and combines well with peaches, strawberries, cherries and plums.

ROSELLE JELLY

2 cups roselle juice

1½ cups sugar

2 teaspoons lemon juice

1½ cups water

Pinch of salt

Wash the calyxes, cover with water and cook until tender; let drain in jelly bag without squeezing the pulp. Measure juice and boil 5 minutes. Add sugar, lemon juice and salt, and cook quickly until jelly sheets from the spoon. Pour into hot sterilized glasses. Makes about two 6-ounce glasses. Roselle is low in pectin, and the jelling stage is quickly passed. Watch it carefully.

ROSELLE CATSUP

5 pounds roselle calyxes	3 tablespoons cinnamon,
1 cup water	ground
2 pounds brown sugar	2 teaspoons cloves, ground
1 pint vinegar	½ teaspoon salt
1 teaspoon paprika	

Cook the prepared roselles in the water until tender enough to put through food mill. Put remaining ingredients into kettle and bring to a boil. Add pulp, and boil mixture very quickly until thick. Pour into hot sterilized jars and seal immediately.

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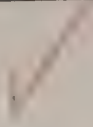
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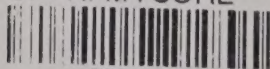
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